

THE NATIONAL
TRAINING SCHOOL FOR COOKERY
BUCKINGHAM PALACE ROAD. S.W.

HIGH-CLASS COOKERY
RECIPES.

MRS. CHARLES CLARKE.

7/6

ELEVENTH EDITION

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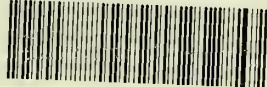
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THE NATIONAL
TRAINING SCHOOL OF COOKERY,
AND OTHER SUBJECTS OF DOMESTIC ECONOMY,
BUCKINGHAM PALACE ROAD, S.W.

HIGH-CLASS COOKERY RECIPES,

AS TAUGHT IN THE SCHOOL.

BY
MRS. CHARLES CLARKE,
PRINCIPAL.

ELEVENTH EDITION.

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1909.

INTRODUCTION TO ELEVENTH EDITION.

STOCKS.

Stock and the proper management of the stock-pot is the basis of all good and economical cookery. Stock is the liquid in which various kinds of meats, bones, and vegetables have been boiled, and by long slow cooking the goodness has been extracted from the ingredients into the broth. Stock is the foundation of nearly all soups, sauces, essences, and gravies. The required materials are meat, bones, vegetables, and salt in the following proportions:— $\frac{1}{4}$ lb. of bone to $\frac{1}{2}$ lb. meat; $\frac{1}{4}$ oz. of salt to 4 lbs. meat; double the water to meat; 1 quart of water to 1 lb. of meat. The bones should be broken and the marrow taken out, as it is apt to make the stock cloudy. Vegetables used are carrots, turnips, onion, and celery in proportion of one carrot, one turnip, one onion, and quarter of a head of celery to four quarts of water. No other seasoning is permissible in stock, as the same stock is used for various soups, purées, etc., and

the necessary seasonings are added when the stock is clarified. The stock must on no account be left to stand in the saucepan until cold, but must be strained off, the meat and vegetables must be put on to a dish or a hair sieve, and the soup poured into a basin.

In making first stock always use fresh meat and fresh vegetables, and be sure your utensils are perfectly clean.

The stock-pot should be either an iron, copper, or earthenware vessel. The French earthenware Marmite makes a good stock-pot because it is so easily kept clean.

You require a slow fire, as, after the stock has once boiled up, it must only simmer. It is necessary that it should boil up well once, in order that the scum or impurities may be thrown to the surface and removed by skimming. All the scum must be carefully and thoroughly removed before you add the vegetables. Stock that is carefully made and well skimmed requires very little clarifying, but if the scum is allowed to boil back into the broth it is much more difficult to clear the soup. As soon as the stock has boiled up and been thoroughly skimmed, add the vegetables, draw it to the side of the fire, and let it cook gently for four or five hours, then strain it off.

Stock should be made the day before it is clarified, so that every particle of fat may be taken off the top when it is cold.

There are *five* kinds of stocks:—*Brown Stock*, *White Stock*, *Game Stock*, *Second Stock*, and *Fish Stock*.

Brown Stock is made from shoulder and shin of beef.

White Stock from white meat, veal, calves' feet, fowls, and rabbits.

Game Stock from game of all kinds except wild duck and that class of birds. The breast should be removed and used for entrées, but the rest of the meat and the carcase must be cut up; add a little raw ham or lean bacon, a bouquet garni, and a few peppercorns. If the stock is made only of game and no other meat or bones are used, other stock (second stock) must be added instead of water, but if you have meat as well as game, then use water, but not quite as much water as for brown or white stock.

For *Fish Stock* use such fish as whiting and cods' heads, conger eels, haddock; not salmon, mackerel, or herrings. This soup is very delicate and nutritious, and therefore suitable for invalids. Take 2 lbs. of fish-bones, 2 quarts of water, an onion,

a carrot, 2 cloves, a small blade of mace, peppercorns, a bouquet garni, and salt. Let it boil up, skim it well, then add the vegetables, and let it simmer slowly until reduced to half its original quantity. This stock is not clarified, only strained, and is used for fish sauce and fish soups.

Second Stock is made by adding the same quantity of fresh water and fresh vegetables to the meat and bones from which the first stock has been made, adding any remains of meat and bones that you have. Let it simmer for four or five hours, skimming it well. Second stock is used for purées, sauces, and gravies, and for making glaze.

Glaze is stock or second stock boiled down. This stock must be a jelly or it will not make glaze. Remove the fat and put the stock into a saucepan; as soon as it boils put in one pint of water to a quart of stock to clarify it. It must be carefully watched and skimmed until it will drop as jelly from the spoon; then pour it out at once, or it will burn. Put the glaze into skins or into jars, and when it is cold, cover it over with clarified butter or lard.

Bouillon is unclarified Beef Stock, as Pot-au-feu.

Consommé is the first stock clarified with lean meat, whites of eggs, and vegetables.

To clarify stock use $\frac{1}{2}$ lb. of gravy beef to 2 quarts, and the white and shell of one egg.

It is necessary to deal thus fully with stock, as it is the basis of nearly every soup, sauce, and essence, and the foundation of all meat cookery.

The principal or mother sauces are:—

Espagnole, the foundation of nearly all brown sauces.

Suprême, or *Velouté*, the foundation of all the best white sauces.

Allemande, the foundation of many white fish sauces; and all these require either brown or white stock.

Béchamel is a cheaper white sauce than *Suprême* Sauce, and is made without stock.

THE MEANING OF SOME OF THE TERMS GENERALLY USED IN COOKERY.

Roux is used for thickening soups, sauces, and gravies, and may be brown, white, or fawn colour. Brown Roux is made with equal quantities of butter and fine sifted flour; melt the butter, then stir in the flour gradually, and let it cook from 12 to 15 minutes, stirring all the time, for it must be as smooth as velvet, and it must be cooked until it is a nut-brown colour.

White Roux is made just in the same way, only it is not allowed to colour at all, and *Fawn Roux* must colour but slightly. One tablespoonful of Roux will as a rule thicken one pint of liquid. It is best to let the Roux cool before stirring it to the stock or sauce. Roux will keep for some time, and must be put into jars.

A Liaison is a thickening made with yolks of eggs and milk or cream, or with roux, or with kneaded butter and flour, and is used to thicken white soups and sauces. Sauce thickened with

a liaison should be strained, if a large quantity is made it should be tammied.

Mirepoix is used to flavour sauces and braised dishes of meat, and is made with $\frac{1}{2}$ lb. of bacon one carrot, two small onions, two bayleaves, a clove of garlic, two shallots, and a sprig of thyme. Fry these without browning, unless it is required to colour a brown sauce.

Panada is a paste made of flour, water, and butter, cooked together, and used in preparing forcemeats and stuffings, and as a foundation for some kinds of soufflés.

Salpicon is a mince of poultry and game with ham, tongue, and mushrooms, and is used for crouquets, bouches, rissoles, etc.

A *Bouquet* is a small bunch of herbs tied together, such as parsley, thyme, bayleaf, onions, etc., and is used to flavour all sorts of dishes. A *full bouquet garni* consists of thyme, lemon thyme, basil, bayleaf, chives or leeks, lemon peel, parsley root and leaf, celery, mace, marjoram, tarragon, and chervil.

The order of the Menu is as follows:—Hors d'œuvres, Soups, Entrées, Relève, Rôti, and Entremets. Entremets may be three things: (1) Dressed Vegetables if served alone after the meat.

(2) Sweets, if served after dressed vegetables.

(3) Savouries, if served after sweets. Relève is a joint of meat or fish.

The quantities allowed are one gill of soup for each person and three gills over; $\frac{1}{4}$ lb. of fish or meat to each person.

HOMELY MEASURES.

These may be useful if scales and measures are not at hand.

1 Breakfast-cupful = $\frac{1}{2}$ lb. or $\frac{1}{2}$ pt. (flour, milk, etc.)

1 Teacupful = $\frac{1}{4}$ " $\frac{1}{4}$ " " "

1 Tablespoonful = 1 oz. " " "

1 Dessertspoonful = $\frac{1}{2}$ " " "

1 Teaspoonful = $\frac{1}{4}$ " " "

A *hen's egg* weighs from $1\frac{1}{2}$ to 2 ozs., and is equal to 2 table-spoonfuls.

EXCEPTIONS.

Golden syrup and *all kinds of fat* weigh twice as heavy.

Bread-crumbs, *rolled oats*, and *flaked rice* weigh twice as light.

Sugar and *rice* weigh a little heavier than flour.

NOTICE.

By a spoonful is meant a spoon which contains as much above as is in the bowl of the spoon.

AUTHOR'S PREFACE.

THERE are very many cookery books now in circulation, but I claim for mine that each recipe has been thoroughly tested by several of the staff teachers in these kitchens before being accepted as correct. They are intended for the use of both ladies and cooks, and are written as concisely as is compatible with the clear directions necessary to produce an easily followed recipe.

EDITH CLARKE.

1909.

HIGH-CLASS COOKERY.

SOUPS.

Stock.

Ingredients.

Four pounds Shin of Beef.
One Carrot.
One Turnip.
One Onion.
Half a head of Celery.
One teaspoonful of Salt.
Four quarts of Water.

Cut the meat off the shin of beef into small pieces. Break the bones and remove the marrow. Put the meat, bones, and water into a stock-pot, add the salt, and remove the scum as it rises. When the stock is thoroughly skimmed and boiling, put in the vegetables, all well washed and cut up in large pieces. Avoid the use of spices and herbs in making stocks, and do not use much salt: these seasonings can be added later when you finish the soups made from this stock. Let the stock boil slowly for at least five hours; then strain it through a hair-sieve into a basin, and let

it get cold. White stock is made in this way, only use knuckle of veal instead of beef, and bones of poultry, all white meat.

Consommé.

Ingredients.

Two quarts of Stock.
Half a pound of lean Beef.
Half gill cold Water.
The White and Shell of one Egg.
Half a Carrot.
Half a Turnip.
Half an Onion.
A bunch of Pot Herbs.
Ten Peppercorns.
Mace.
Two Cloves.

Serape or ehop up the beef very finely and soak in the water. Clean the vegetables, and cut them up. Carefully remove all the fat from the stock, which is now a jelly, and put it into a stewpan; add the scraped meat, the white of egg just beaten, the shell broken up roughly, and the vegetables, whisk all together over the fire until just on boiling point, then take out the whisk and let the soup boil up well; it should then be clear. Take a clean cloth, fix it on a soupstand, and pour boiling water through it, to wash and warm it thoroughly. Pour the contents of the stewpan gently on to this cloth, let it run through slowly twice. This is consommé, and can be served as a variety of soups named according to what is served in them.

Consommé à la Rachel.

Ingredients.

Clear consommé, to which is added some very small quenelles made in teaspoons.

One part coloured with pounded Tarragon.

One part coloured with Lobster Coral.

One part coloured with Truffles pounded.

These quenelles must be all mixed separately, poached separately, and kept in cold water until the soup is ready. Put them into the tureen and pour the boiling consommé on them.

Consommé à la Royale.

Ingredients.

Three pints of Consommé.

CUSTARD TO SERVE IN THE CONSOMMÉ.

Ingredients.

One whole Egg.

Half gill of Stock.

A little Salt.

Beat up the eggs with the stock and a little salt; strain this into a well-buttered gallipot, cover it over with a piece of kitchen paper buttered, stand it in a saucepan of boiling water, and steam it very gently for fifteen minutes; if steamed quickly the custard will be full of holes. When the custard is set take it out of the sauce-

pan and let it get cool, then turn it out of the gallipot, cut it into small rounds, diamonds or fancy shapes, put them into the tureen and pour the boiling consommé on them.

Consommé aux Œufs Filés.

Ingredients.

One quart of Consommé.
One Egg.
One dessertspoonful of Flour.
One tablespoonful of Milk.
Seasoning.

Put the soup on to boil. Mix the egg, flour, milk, and seasoning together like a batter. Pass this batter through a very fine funnel or strainer into the boiling soup. It should look like threads.

Consommé d'Orléans.

Ingredients.

One quart of Consommé.
Quarter pound of Quenelle Meat.

Divide the quenelle meat into three portions; make one a nice green with spinach colouring, another red with beetroot colouring or coral, then shape the quenelles in teaspoons and poach as usual; there should be an equal number of red, green, and white quenelles. Serve these in the consommé.

Consommé à la Sévigné.

Ingredients.

One quart of Consommé.
Two ounces of cooked Chicken.
Two Eggs.
Three tablespoofuls of Milk.
Twelve drops of Almond Essence.
Salt, Cayenne, and Nutmeg.

Pound the chicken and pass it through a hair sieve. Then mix with it the eggs, milk, salt, cayenne, nutmeg, and almond essence. When thoroughly blended, turn the mixture into three or four small dariole moulds well greased, and steam slowly for twenty minutes, or until set. Turn out very carefully, cut into fancy shapes, and serve in the consommé. A few asparagus points and chervil leaves may also be served in this soup.

Carrot Soup à la Crécy.

(Potage Crécy.)

Ingredients.

Six large Carrots.
Two Onions.
One head of Celery.
Four ounces of raw Ham or Bacon.
Two ounces of Butter.
Three pints of Stock.
Half a gill of Cream.
Half a teaspoonful of Castor Sugar.
Pepper and Salt, and a handful of cooked Rice.

Peel off the red part of the carrots, and put into a stewpan with the onions sliced, the celery cut up,

and the ham cut up, add two ounces of butter, put the lid on close and simmer over the fire gently for ten minutes, then add two pints of stock and simmer gently till the vegetables are tender. Drain off the stock, pound the carrots, &c., in the mortar, add the stock they were cooked in and one pint more, pass all through a tammy-cloth or fine hair-sieve. Return this purée to the stewpan, and stir it over the fire till it boils, then stand it by the fire to clear itself of all grease, which must be taken off with a spoon as it rises. Let it boil gently for a quarter of an hour, add the cream, half a teaspoonful of sugar, a little pepper and salt. Serve with plainly cooked rice or with some fried croûtons handed separately.

Chicken Broth.

Cut a chicken into several pieces, put it into a stewpan with one quart of water, and a little salt; as it boils, skim it well, and let simmer gently for two hours. If liked, rice or pearl barley can be cooked in the broth and served with it; about one ounce of either.

Clear Mock Turtle.

Ingredients.

Half a Calf's Head.

Six pounds of Knuckle Veal.

Eight ounces of raw Ham.
One Carrot.
One Turnip.
Two Onions.
Twelve Cloves.
One head of Celery.
A bunch of Sweet Basil, Marjoram,
Thyme, Lemon Thyme and Parsley.
One blade of Mace.
One quart of Stock.
Two pounds of lean Beef.
One gill of Sherry.
A pinch of Cayenne.
A teaspoonful of Lemon Juice.
Some small Quenelles.
A little Salt.
Egg Balls.

Bone half a calf's head and parboil it in plenty of cold water with a little salt for twenty minutes. Take it out, let it get cold, then trim away all the rough parts. Place the half head in a stewpan with the knuckle of veal, ham, all the vegetables cleaned and cut up, all the herbs and a quart of stock ; let this all boil quickly until the stock is reduced to a glaze, then fill up the stewpan with cold water (about two quarts) ; when it boils, skim it well and keep it gently boiling until the calf's head is quite tender ; lift the head carefully out with a slice and set it aside to get cool. Strain the stock through a hair-sieve or cloth, when cold remove all the grease and clarify it with the two pounds of beef scraped (proceed as in Consommé). When clarified, cut up some of the calf's head into picces one inch square, put

these into the soup with the sherry, cayenne, lemon-juice, salt to taste, egg balls and small quenelles.

EGG BALLS.

Six hard boiled eggs and four yolks of egg ; pound all in a mortar and rub through a hair-sieve, then sift a little flour over them on a board, roll them into balls the size of marbles, poach them very carefully, add them to the mock turtle soup just before sending to table.

Mulligatawny Soup.

Ingredients.

- Two quarts of Stock.
- One pound of Beef.
- Two tablespoonfuls of Curry Paste.
- One tablespoonful of Curry Powder.
- Half a Carrot.
- Half an Onion.
- Seasoning.
- About three whites of Eggs.

Mince the beef, pour over a small quantity of water, add to it the paste and powder, and thoroughly mix. Stir this to the stock, with the three whites and the shell of one egg, and stir with spoon until it boils. Allow it to simmer for three-quarters of an hour. Strain through a cloth. If you have bones of roast chicken they

are an improvement. Serve with some pieces of cooked chicken and well-boiled rice; the chicken served with the soup, the rice served separately.

Potage d'Oseille à la Parisienne.

Ingredients.

Quarter of a pound of Sorrel after shredding.

Two ounces of Butter.

One pint of Béchamel.

Twenty-four small squares of Bread.

Wash and shred the sorrel. Melt the butter in a stewpan, and when hot put in the sorrel and cook about five minutes. Then add the Béchamel and boil the soup for about fifteen minutes. Season to taste.

Put the squares of bread in the soup tureen and pour the soup over them.

Kidney Soup.

Ingredients.

Four Sheep's Kidneys.

Equal weight of Kidneys and lean Beef.

Three pints of Brown Stock.

Two tablespoonfuls of Rice.

Chopped Parsley.

One Onion.

Four ounces of Butter.

Pepper and Salt.

Cut up the kidneys and the beef into small dice, season with pepper and salt, add the onion chopped up and some parsley, fry all these for about ten minutes in the butter; pour off the grease, add the stock and rice, and boil till quite tender, then strain; pound all the meat and rice in a mortar, then pass through a tammy or fine hair-sieve; stir this into the stock again, make it very hot and serve.

The soup must not boil after it has been passed through the tammy.

Potage aux Abatis.

Ingredients.

Two sets of Duck Giblets.
Half a head of Celery.
One Carrot.
One Turnip.
Two Onions.
A Bouquet Garni.
Two Cloves.
Ten Peppercorns.
Two quarts of Second Stock.
Fifteen drops of Lemon Juice.
A few grains of Cayenne Pepper.
Two ounces of Flour.
Two ounces of Butter.
Salt.

Clean the giblets carefully and put them in a stewpan of boiling water to blanch for five minutes. Then put them into cold water, wash and scrape them, and then cut them into pieces about an inch

and a half in length. Put the pieces of giblets, the stock, and the vegetables (all cleaned and cut up small) into a stewpan, add the bouquet, cloves and peppercorns, and let the whole boil for two hours, skimming occasionally. Then take out the best pieces of giblets, trim them neatly, but let the stock and remainder of giblets boil half an hour longer. Now melt the butter in a stewpan, put in the flour, and fry for a few minutes; add the stock strained, the lemon-juice, cayenne and the trimmed pieces of giblets, and let the whole boil twenty minutes.

Potage à l'Américaine.

To one pint of white stock add, when boiling, one tablespoonful of prepared crushed or ground tapioca; let it boil ten minutes, then add half a pint of purée of tomato, a little salt, and a pinch of castor sugar.

This soup is better if made with fresh tomatoes.

Potage à la Bonne Femme.

Ingredients.

Two small Lettuces.

Two leaves of Sorrel.

Four sprigs of Tarragon.

Four sprigs of Chervil.

Half a Cucumber.
One ounce of Butter.
One saltspoonful of Castor Sugar.
Half a saltspoonful of Salt.
One pint and a half of White Stock.
Yolks of three Eggs.
One gill of Cream or Milk.
The crust of a French Roll.

Wash the lettuces, sorrel, tarragon, and chervil, and shred them all finely. Peel the cucumber, cut it into thin slices and shred these also. Melt the butter in a stewpan, place in the shredded vegetables and herbs and cook them for five minutes, but do not let them discolour. Sprinkle over the salt and castor sugar, add the stock, and let the vegetables boil slowly until tender. Beat the eggs and cream together. Take the stewpan containing the soup off the fire and let it cool. Then strain in the liaison of eggs and cream, place the stewpan on the fire, and stir until the eggs are cooked. Put the crust of the French roll in the oven to dry for a few minutes, then cut it into small round pieces. Put these into the tureen and pour the hot soup over them.

Potage Dupoise, or Mussel Soup.

Ingredients.

Two pints of Fish Stock.
Three pints of Mussels
(prepared as for Dressed Mussels).
Two ounces of Butter.
Two ounces of Flour.
A few Parsley Stalks.

Half a teaspoonful of Sugar.
Cayenne, Salt, Mignonette Pepper.
Lemon Juice.
Half a pint of Cream.

Prepare the mussels as for dressed mussels. Melt the butter in a stewpan, add the flour, and mix them well. Pour the fish stock and the liquor from the mussels to the butter and flour; add the parsley stalks, &c. Let it boil, and skim well; then strain, and add the cream and the mussels. Re-heat without boiling, and serve.

Potage aux Huîtres.

Ingredients.

Three dozen of Oysters.
Two Whittings, or one Eel or two Flounders.
Parsley Roots.
One Carrot.
One Stick of Celery.
A little Thyme.
One Blade of Mace.
A few Peppercorns.
Two Anchovies.
Two ounces of Butter.
Two ounces of Flour.
Two quarts of White Stock.
Half-pint of Cream and six yolks of Eggs.
Lemon Juice, Salt, and Cayenne.

Take the eel (or whittings or flounders), cut them up into pieces, and put them in a stewpan with the stock, parsley, carrot, cleaned and cut up, celery, thyme, mace, peppercorns, anchovies, and

salt; let it boil up, skim it well, and let it cook for one hour, then strain it off. Put two ounces of butter and two ounces of flour into a stewpan, mix them well together, and pour in the fishstock: stir it well, and boil for ten minutes. Blanch and beard the oysters, strain them, and save the liquor. Put the soup on the fire and make it boil, then draw it off the fire; mix the cream and yolks of eggs together, a few drops of lemon-juice, and a little cayenne; strain this into the soup and stir it over the fire until the eggs are cooked, taking care it does not boil, or it will curdle. Just before serving, put in the oysters and the oyster liquor.

Potage à la Hollandaise.

Ingredients.

One quart of Veal or Chicken Stock.
Two ounces of Butter.
One ounce of Flour.
Four yolks of Eggs.
Half a pint of Cream.
One gill of Green Peas cooked.
One gill of cut Carrots cooked.
One gill of cut Cucumber cooked.
One teaspoonful of chopped Tarragon.
One teaspoonful of Sugar.
One teaspoonful of Salt.

Trim the peas, carrots, and cucumber with a round cutter the size and shape of peas. Cook

them in boiling water, being careful not to cook them too much. Melt the butter and flour in a stewpan ; add the stock, and let it boil well.

Break the yolks of eggs into a basin and add the cream (making a liaison) ; then add this liaison of eggs and cream to the stock ; let it just come to a boil, being careful it does not curdle. Strain into a clean stewpan, and add the vegetables, which have been previously cooked, and the tarragon, and serve.

Consommé à la Julienne.

Ingredients.

Three pints of Consommé.
One large Carrot.
One small Turnip.
Two Leeks.
Half a head of Celery.
One Onion.
Two ounces of Butter.
Salt.
One teaspoonful of Sugar.
One Cabbage Lettuce.
A little Tarragon and Chervil.

Shred the vegetables all of the same length and size.

Melt the butter in a saucepan, and sauté all the vegetables (except the lettuce, tarragon, and chervil) cook in boiling stock, add the sugar and salt. Skim well until all grease is removed ;

then add lettuce, tarragon, and chervil, let it boil a few minutes, and serve.

Ordinary clear consommé is required for this soup.

Potage à la Purée Lièvre.

Ingredients.

One Hare.
One ounce of Flour.
Two ounces of Butter.
Two Shalots.
One small Onion.
Small bouquet Garni.
Blade of Mace.
Quarter of a pound of lean Ham.
Half a pint of White Wine.
Salt, Whole Pepper, Cayenne.
Two pints Second Stock.

Cut up the hare in joints after it has been skinned and paunched. Do not wash it. Cut the bacon up in small pieces and butter a saucepan with the butter. Put the bacon and the hare in the stewpan and fry a light brown; then add the onion, &c., also the wine; boil ten minutes, add the stock, and let this simmer gently for about one hour and a half; strain through a sieve, remove all the meat from the bones, and pound in a mortar; pass the meat through a fine hair-sieve, using the liquor by degrees to pass it through with. Make it hot in a stewpan, but do not let it boil. Add seasoning if required.

Potage aux Queues de Bœuf.

Ingredients.

One Ox-Tail.
Four ounces of Butter.
Two ounces of Flour.
Two Carrots.
One Turnip.
One Onion.
Two Cloves.
One Blade of Mace.
Half a head of Celery.
A bouquet Garni.
Twelve Peppercorns.
Salt.
Two quarts of Second Stock.

Cut the ox-tail into joints and blanch them for five minutes. Take them out of the water and wipe them dry. Melt two ounces of the butter in a stewpan, put in the pieces of ox-tail, the vegetables cleaned and cut small, the herbs and the spices. Fry all these together for ten minutes, strain off the fat, and add the stock, and the salt. Let this come to the boil, skim well, and then simmer for four hours.

Take another stewpan and melt two ounces of butter, put in the flour, fry it a little. Then pour in the stock (which must be strained and freed from fat), stir until boiling, draw the saucepan to the side of the fire, and let it boil slowly for about fifteen minutes. Season to taste. Strain the soup into the tureen, serve in it the pieces of ox-tail and thin pieces of carrot and turnip, cut into

rounds about the size of a shilling; these must be boiled tender before being put into the soup.

Potage Crême de Riz.

Ingredients.

Two quarts of White Stock.
Four tablespoonfuls of ground Rice.
Half a pint of Cream.
One teaspoonful of Sugar.
Salt to taste.

Put the stock, which must be white and freed from fat, in a stewpan; when nearly boiling, stir in the ground rice, or better still, French flour of rice, which is smoother; stir well, and let it boil for ten minutes. Add the seasoning but not any pepper; then, when boiled sufficiently, add the cream, and strain before serving.

Potage à la Tortue Fausse.

Ingredients.

Half a Calf's Head.
One Carrot.
One Turnip.
Half a head of Celery.
One Onion.
A bouquet Garni.
Twenty Peppercorns.
Mace, Cloves, and Salt.
Quarter of a pound of lean Ham.
Three ounces of Butter.
Three ounces of Flour.

Two glasses of Sherry.

Four quarts of Water.

Juice of half a Lemon.

Wash and bone the head. Tie the meat in a cloth and chop the bones. Put the meat, bones, and four quarts of cold water into a stewpan, place it on the fire, add some salt, let it boil up, and skim well. Let it boil about three hours. Strain the stock into a basin to get cold, then carefully remove the fat. Melt the butter in a stewpan; then put in the vegetables, cleaned and cut up small, the ham cut into dice, and the herbs and spices; add the flour, and stir well. Fry all these for five minutes, brown all slowly together until a golden-brown colour. Now add the stock, stir until boiling, move the stewpan to the side of the fire, and let it simmer ten minutes. Put in the sherry, lemon-juice, salt and cayenne, and strain the soup into another stewpan. Cut some of the calf's head into small neat pieces, and serve it in the soup. Make some veal stuffing as follows: Two ounces of beef suet, three ounces of bread-crumbs, one teaspoonful of chopped parsley, a quarter of a teaspoonful of chopped thyme and marjoram, half a teaspoonful of grated lemon-peel, a little nutmeg, one egg, pepper and salt; mix these all together, and roll into small balls. Poach these in salted water and then put them into the soup.

Potage au Tapioca.

Ingredients.

One pint of White Stock.
A quarter of an ounce of crushed Tapioca.
Two yolks of Eggs.
One gill of Cream or Milk.
Salt.

Put the stock on to boil. When boiling, shake in the tapioca and stir until cooked. Beat the yolks and cream together and strain into another basin. Add the soup, when it is just off boiling point, slowly to this basin. Then pour the soup back into the saucepan, place it on the fire, and stir carefully until the eggs are cooked. This soup requires care not to curdle the eggs.

Potage à la Royale.

Ingredients.

Three pints of White Stock.
Two ounces of cooked Macaroni.
Three yolks of Eggs.
One ounce of grated Parmesan Cheese.
One gill of Cream.
Salt and Cayenne.

Put the stock in a stewpan to boil, add the macaroni cut up into pieces half an inch long ; when this is cooked mix the eggs and cream together in a basin, then draw the stewpan off the fire and add the cream and eggs, the grated cheese, a little

cayenne and salt. The soup must not boil after the cheese and liaison are in, or it will be spoilt.

Purée de Marrons.

Ingredients.

Twenty-five large Chestnuts.
Three ounces of Butter.
One teaspoonful of Castor Sugar.
One pint and a half of White Stock.
Half a pint of Cream.
Pepper and Salt.

Slit the chestnuts at both ends, put them into boiling water, and boil ten minutes. Then remove the husks. Melt the butter in a saucepan, put in the chestnuts and sauté for a few minutes, but do not brown. Then add the stock and let the soup boil until the chestnuts are tender, when they must be rubbed through a hair-sieve. Warm up the soup, add the sugar, seasoning, and cream, and it is ready to serve.

Purée de Navets.

Ingredients.

Twelve large Turnips.
Five ounces of Butter.
One ounce of Castor Sugar.
Two quarts of White Stock.
Half a pint of Cream.
A little grated Nutmeg.

Peel and slice the turnips, put them into a stewpan with four ounces of butter and one ounce of castor sugar and drawn down, taking care that they do not get brown; then add the stock and simmer gently for three-quarters of an hour; strain this, and rub the turnips through a hair-sieve. Boil up the stock and skim it well, add the passed turnips, the cream, and an ounce of butter; stir all well together, boil up once and serve.

Purée de Homard.

Ingredients.

One Hen Lobster.
Two sticks of Celery.
One Carrot.
One Turnip.
Four Shalots.
Bay-leaf, Thyme, and Parsley.
Three ounces of Butter.
Three ounces of Flour.
Three pints of Stock (Fish Stock is best).
One glass of Sherry.
A tablespoonful of Anchovy Sauce.
A tablespoonful of Harvey Sauce.
A little Lemon Juice and Cayenne.

Cut up all the vegetables very small and fry them a light brown in the butter; stir in the flour, mix well, add the stock, stir well till it boils, then set it by the side of the fire to simmer gently for half an hour. Break up the lobster, cut up the meat from the claws into neat pieces, and put them on one side until the soup is finished. Break

up the shell, the rest of the lobster and some of the spawn; in a mortar, and put it into the soup, let it all boil for ten minutes, then rub it through a hair-sieve, put it back on the fire, let it boil up, skim it well, add the sherry, Harvey, anchovy, lemon-juice, and cayenne. Put the pieces of lobster and some small quenelles of whiting into the turcen, pour the soup on them, and serve.

Purée de Pommes de Terre.

(Potage Parmentier.)

Ingredients.

One pound of Potatoes.

One Onion.

Two leaves of Celery.

One ounce of Butter.

One pint of Stock.

One gill of Cream.

Salt.

Fried Bread.

Wash all the vegetables, and cut them into thin slices. Melt the butter in a stewpan; put in the sliced vegetables. Place the stewpan on the fire and let the vegetables cook for five minutes; then add the stock, and boil slowly until the vegetables are quite tender. Now rub the vegetables through a tammy-cloth or hair-sieve. Put the soup back in a saucepan, add the cream, and when hot it is ready to serve. Take two or three slices of stale bread; remove the crust, and cut the crumb into dice. Fry either in fat or butter, and serve with the soup.

Purée à la Princesse.

Ingredients.

One Chicken.
Two ounces of Butter.
One Onion.
A little Mace.
Bay-leaf.
Parsley Stalks.
Twelve White Peppercorns.
Salt.
Two quarts of Veal or White Stock.

Cut the fowl in pieces, well wash it, put it in a stewpan previously buttered, with the onion, mace, &c. Put the lid on, let it cook over the fire ten minutes, taking care that it does not brown; add the stock; simmer this gently one hour.

Next put in a stewpan—

Two ounces of Butter.
Two ounces of Flour (Vienna).

When well melted, strain the liquor from the chicken into it, and stir well; let it cook a few minutes; add the juice of half a lemon and half a pint of cream.

Take the best pieces of chicken from the bones, pound in the mortar, add to the stock, and then strain through a tammy-cloth.

This soup must not boil after the chicken and cream are added.

Purée de Pois Verts.

(Potage St. Germain.)

Ingredients.

One quart of Peas.
One handful of Parsley.
A small bunch of Mint.
One quart of Stock.
One gill of Cream.
Salt and Pepper.

Put the stock on to boil. When boiling add the salt, then the peas, and other ingredients except the cream; boil until the vegetables are tender, then pass them through a hair-sieve with the stock they were boiled in, and again pass through a tammy-cloth, if desired very smooth; put all back into a clean stewpan to boil up, and just before serving add the cream and a teaspoonful of castor sugar.

Purée à la Palestine.

Ingredients.

Two pounds of Jerusalem Artichokes.
Two ounces of Butter.
One quart of White Stock.
Half a pint of Cream.
Pepper and Salt.

Wash, peel, and slice the vegetables in lemon-juice and water. Melt the butter in a stewpan, put in the vegetables, and cook carefully for about five minutes, being careful the vegetables do not brown. Add the stock and boil until the

artichokes are tender, then rub them through a hair-sieve. Return the soup to the saucepan, warm it up, add the cream, and it is ready to serve.

Purée de Tomates.

Ingredients.

Three pints of Stock.
Two ounces of lean Ham.
One Onion.
Half a Carrot.
A little Celery.
One Shalot.
One ounce of Butter.
One ounce of Cornflour.
Half a gill of Cream.
Three pounds of Tomatoes.
One tablespoonful of Vinegar.
Salt, Pepper, and Nutmeg.

Put all these ingredients, except the tomatoes and the stock, into a sauté-pan and sauté them for five minutes, then add the tomatoes sliced; let them simmer, and when cooked pass through a fine sieve; add the cornflour to the stock, and let it boil about five minutes. Then stir it to the tomatoes, give it a boil up, and add the cream. This soup can be made of tinned tomatoes.

Purée de Choux de Bruxelles.

Ingredients.

One pound of Brussels Sprouts.
One quart of boiling White Stock.

One gill of thick Cream.

A quarter of an ounce of Cornflour.

Boil the Brussels sprouts until tender, with the lid off and a small piece of soda in the water, drain them, and pass through a sieve. Then put this into a pan with the stock and the cornflour (blended in a little stock), stir till it boils. Add the cream and seasoning, and get it quite hot, but care must be taken that it does not boil, or the colour will be spoilt. Serve with fried bread.

Windsor Soup.

(FOR SIX PERSONS.)

Ingredients.

Nine ounces of Butter.

Two ounces of Flour.

Two pints of Stock.

Two ounces of Pearl Barley.

Yolks of four Eggs.

Three-quarters of a pint of Double Cream.

Asparagus Points.

Put five ounces of butter into a casserole to melt, add two ounces of flour to make it a brown colour; moisten with two pints of stock. When this boils, add two ounces of pearl barley, and let it cook for about two hours. When cooked, put it through a sieve, then turn it into a casserole, and let it simmer for about ten minutes; add the yolks of four beaten-up eggs, three-quarters of a pint of double cream, and four ounces of good butter. Serve with asparagus heads.

DRESSED FISH.

GENERAL REMARKS ON COOKING FISH.

Fish should always be steamed, except the very strong kinds, such as Mackerel and Eels ; these must be boiled. In my book of "Plain Cookery Recipes" I suggest several ways of steaming Fish in a small household where there are perhaps not many saucepans to be had. Since writing those remarks I have found a first-rate fish steamer,* made of block tin with a copper bottom and in various sizes. These steamers have a great advantage over my simple method, which is that from an arrangement under the drainer on which the fish is placed, the steam as it condenses on the lid does not drip back upon the fish and make it sodden, but falls down into the water underneath. Fish takes rather longer to steam than to boil, but it is very much nicer, as the flavour and goodness are fully preserved. Put a good tablespoonful of salt in the water, and do not put the fish into the steamer until the water

* These steamers are to be bought of Messrs. Davis & Co., 200, Camberwell Road, S.E.

boils. The recipes for Athenian Eel, Water Souchy, to warm up Salmon, and Perch; Bream Pie, and Stewed Trout, I found in MSS. among my grandfather's papers (Thomas Love Peacock, author of "Headlong Hall," etc.). Among the entrées, Filet de Bœuf aux huîtres, Salmon of Wild Duck and Minced Veal are also his.

Bream or John Dory Pie.

Ingredients.

Two pounds of Bream or John Dory.
Four Eggs (hard-boiled).
Two Shalots (chopped fine).
Two ounces of Butter.
Three ounces of Bread-crumbs.
Half a teaspoonful of Thyme and Marjoram.
One teaspoonful of chopped Parsley.
One teaspoonful of Anchovy Sauce.
One teaspoonful of Worcester Sauce.
Cayenne Pepper.
Salt.
One gill of Stock.

Cut the bream in slices. Mix the butter, bread-crumbs, shalot, and seasoning together, and make into small balls. Cut the eggs in quarters. Lay the bream in a pie-dish, and then a layer of egg and seasoning, balls, &c., and, if liked, some pieces of lobster. Cover with a crust of rough puff-paste, and bake in a moderate oven one hour and a half. Mix the Worcester and anchovy sauce with the stock, and pour into the pie, after it is baked. A glass of Sherry or Chablis may be added.

Côtelettes aux Huîtres à la Crème.

Ingredients.

Two dozen Oysters and their liquor.
 Two and a half ounces of Vienna Flour.
 One and a half ounce of Butter.
 Parsley.
 Half a gill of Cream.
 Six Mushrooms.
 Bread-crumbs.
 One dessertspoonful of Lemon Juice.
 The Yolks of three Eggs.
 Salt and Cayenne.

Cook the flour well in the butter, then add one gill of boiling oyster liquor, the cream, lemon-juice, salt and cayenne and the yolks of egg; stir these all well together till it thickens. Take the beards off the oysters, cut each of them into four pieces and stir them into the mixture, also the mushrooms chopped up. Turn this out on a dish to cool. Divide this mixture into portions of equal size, egg and bread-crumbs them, form into nice-shaped cutlets, fry them in boiling fat, and dish-up with fried parsley. Serve with oyster sauce made as follows:—

Ingredients.

The Beards of the Oysters.
 Thyme.
 Bayleaf and Parsley.
 One pint of White Stock.
 Two ounces of Butter.
 One and a half ounce of Flour.
 Three gills of Fish Stock or Oyster Liquor.

One gill of Cream.

Salt.

A few drops of Lemon-juice.

Cayenne.

Cook the butter in the flour, stir in the white stock and the fish stock, add the beards of the oysters and the onion, thyme, parsley, and bay-leaf; cook all together for about twenty minutes; add the cream, a little salt and cayenne and a few drops of lemon-juice; pass through a tammy-cloth and serve with the oyster cutlets.

Darne de Turbot Parisienne.

Ingredients.

One pound of Turbot.

One glass of Chablis.

Half a pint of White Sauce.

One tablespoonful of grated Parmesan Cheese.

One teaspoonful of chopped Parsley.

Two floury mashed Potatoes.

Cut the fish in slices, place on a greased tin, pour over half the wine, and cover with a greased paper. Cook in a slow oven. Boil down the rest of the wine, add the white sauce and the parsley. Rub the potatoes through a sieve, roll them into balls the size of marbles, flour thickly, and fry in hot fat. Dish the fish neatly, pour the sauce over, and sprinkle the cheese on the top. Brown the cheese under the gas grill or before the fire. Serve the potato balls at each end of the dish.

Dressed Mussels.

Ingredients.

Two quarts of Mussels.

One small Onion.

Bay-leaf.

A tablespoonful of Salt.

First, well wash the mussels and lay them in water over night with a handful of salt; when they are quite clean put them in a stewpan, with the onion and bayleaf; sprinkle over them the salt, put on the lid, and stand them over the fire for a few minutes, when the shells will open; take them out of the stewpan and carefully take them from the shells, removing with care a small piece of weed which lies in the centre of the mussel. Strain the liquor which will be in the stewpan, and, if liked, can be made into a sauce with

One ounce of Butter.

Half an ounce of Flour.

Cayenne Pepper.

Lemon Juice.

Half a gill of Cream.

and poured over the mussels. Or just warmed in their own liquor, and served with brown bread and butter.

Eel Pie.

Ingredients.

One pound of Eels.

Half a pint of Meat Stock,

Pepper and Salt.

One tablespoonful of Lemon Juice.

Two tablespoonfuls of Mushroom Ketchup.

Cut up the eels into pieces between two and three inches long. Cut off the heads and tails and stew them in half a pint of meat stock. Strain out the heads and tails when they are thoroughly cooked, and mix into the stock a little pepper and salt, a tablespoonful of lemon-juice, and two tablespoonfuls of mushroom ketchup. Put the pieces of eel into a pie-dish, pour in this sauce, cover with a good crust, and bake.

Filets de Cabillaud à la Normande.

Ingredients.

One slice of Cod of moderate thickness.

Half a gill of Chablis.

Four Oysters.

Four Button Mushrooms.

Four small Quenelles.

One gill of Béchamel Sauce.

One yolk of Egg.

Put the slice of cod on a greased tin, cover with a greased paper and bake in a slow oven for about fifteen minutes. Reduce the wine in a stewpan, add the sauce with the yolk of egg mixed in it, the oysters blanched, the mushrooms and the quenelles, and season to taste. Place the slice of fish on a dish, pour the sauce over, and

place the oysters, mushrooms, and quenelles in groups in the corners of the dish.

Ingredients for the Quenelles.

Quarter ounce of Butter.
Half ounce of Flour.
Quarter gill of Stock.
Two and a half ounces of Whiting.
One yolk of Egg.

For method see Quenelles, page 129, using teaspoons instead of dessert-spoons.

Filets de Rougets à l'Italienne.

Take your mullets and fillet them, making two fillets only of each mullet. Six mullets make a nice dish. Butter your dish, lay the fillets neatly on, sprinkle over a little salt, lemon-juice, and pepper. Cover them with a buttered paper, and place in a moderate oven till done. Drain any moisture from the dish into the sauce. Serve with Sauce Italienne poured over the mullet.

Filets de Soles à la Colbert.

Ingredients.

Two Soles.
Four Anchovies pounded or a little Anchovy Essence.
One Clove Garlic.
Half a pint of Melted Butter Sauce.

Skin and fillet the soles. Fold them, by placing each fillet round the left thumb and twisting the two ends tightly together. Put them on to a small

baking sheet, previously buttered. Sprinkle them with a little salt and lemon-juice, cover with buttered paper, and bake in a hot oven for ten minutes. When done, roll the fillets of sole in brown bread-crumbs. Dish in a circle, put a round pat of Maître d'Hôtel butter on the top of each, pour sauce round, and serve hot.

SAUCE ANCHOVOIS.

Bone and pound the anchovies. Add them, with the clove of garlic, to half a pint of good melted butter, prepared with one ounce of butter, half an ounce of flour, and half a pint of fish-stock made from the bones of the soles; boil for six minutes, and strain before serving.

Fish sauce is always better if it is made from fish-stock.

Filets de Soles à la Savoy.

Ingredients.

Two Soles.
Eight Oysters.
Hollandaise Sauce.
Lemon Juice.
Browned Crumbs.
Egg.
Bread-crumbs.
Seasoning.

Skin and fillet the soles, season, and sprinkle the fillets with lemon-juice, roll them up, and cook them in a cool oven. Blanch and beard the oysters and cover with Hollandaise sauce, egg,

crumb, and fry them. Coat the cooked fillets of sole with Hollandaise sauce, and place them in a line down each side of an *entrée* dish, put the brown crumbs in the centre and the oysters on top. Serve very hot.

Fish Cakes.

Ingredients.

One pound of cold Fish.
Half a pint of thick Brown Sauce.
One dessertspoonful of Anchovy Sauce.
Six Gherkins.
One Egg.
Two ounces of Bread-crumbs.

Make the brown sauce hot and stir into it the anchovy sauce and the gherkins, chopped finely. Take the stewpan off the fire, and add the fish in small flakes, removing all skin and bone. Turn this on to a plate, and when cold form into little cakes, egg and bread-crumbs them, and fry them; serve with fried parsley.

Homard à la St. Stephens.

Ingredients.

One Lobster.
One gill of Salad Oil.
One tablespoonful of Sherry.
Pepper, Salt, and Cayenne.

A little Chopped Parsley and Garlic.
One tablespoonful of Chablis.
One ounce of Butter.
Lemon-juice.
Two tablespoonfuls of Espagnole Sauce.

Take a nice fresh lobster, split it down the centre and cut the meat into small pieces; fry it in salad oil for five minutes, then pour off the oil and add the sherry, salt, pepper, cayenne, chopped parsley and garlic and chablis, let this all boil for about five minutes, then add the Espagnole sauce, boil it for a few minutes more, dish up the meat in the shells, add the butter and lemon-juice to the sauce, give it a boil up, pour it over the lobster, and serve.

Lobster Cutlets.

Ingredients.

One Hen Lobster.
One ounce and a half of Butter.
One ounce of Flour.
One tablespoonful of Cream.
Salt and Cayenne.
One gill of Water.
One Egg.
Bread-crumbs.
Parsley.

Remove all the flesh from the tail and claws of the lobster and cut it up into small pieces. Take the coral of the lobster, wash it, dry it, and then pound it in a mortar with one ounce of butter, and rub it through a hair-sieve. Put in a stewpan one

ounce of flour and half an ounce of butter, and mix these together over the fire; then add the water and boil the mixture well. Put in the coral butter, the cream, and the seasoning. Mix well, add the lobster, and turn on a plate to cool. Make up into cutlets, egg and crumb each one carefully, and fry in sufficient fat to cover them. Dish the cutlets on a napkin and garnish with fried parsley.

Lobster Soufflé.

Ingredients.

Two Whittings.

One Hen Lobster.

One gill of Cream.

Two ounces of Butter.

Two ounces of Flour.

One gill of Fish Stock made from
bones of the Whittings.

Four Eggs.

Take the meat of the whittings (half a pound) off the bones and the coral from the lobster, pound these two together in a mortar, then pass through a wire sieve. Make a sauce of one ounce of butter, two ounces of flour, and the gill of fish stock; this must be well cooked. Take the meat of the body of the lobster (half a pound) and pound in a mortar with the whiting and the sauce, adding the eggs one at a time; when well pounded, pass all through a hair-sieve, add a little cayenne pepper and the cream well whipped. Take a plain soufflé mould and well butter it, put a layer of the above mix-

ture in the bottom of the mould, and a few pieces of the meat from the lobster's claws ; repeat this till the mould is full. The mould must be evenly filled. Cover with buttered paper, and steam very gently for one and a half hours. Serve very hot with white sauce, poured over the soufflé. You can use half a pint of cream instead of the sauce if you like to make the soufflé richer.

Mâtelotte of Eels.

Ingredients.

One pound of Eels.

One gill of Claret.

Half a pint of Stock.

Bouquet Garni.

A few pieces of Carrot, Turnip, Onion,
and half a basket of Mushrooms ; Stalks
and trimmings to be used with the
Vegetables.

Salt.

Half a pint of Brown Sauce.

A teaspoonful of Anchovy Sauce.

Cut up the eels, and cook them for about half an hour in the claret, stock and vegetables ; when cooked take out the fish, strain the stock and reduce, then add the brown sauce and anchovy sauce. Extract the juice from half a basket of mushrooms by cooking them in butter and lemon-juice, add this to the stock and sauce, then put the eels in to get hot through. Cook some button onions in some stock and butter for two and a half hours in the oven ; serve these with the eels.

Oyster Soufflé.

Ingredients.

Two Whittings (half a pound of Fish).

Twelve Oysters.

Three Eggs.

Two ounces of Flour.

One gill of Oyster Liquor.

One ounce of Butter.

One gill of Cream.

Blanch and beard the oysters and cut each one in four pieces. Put the butter and flour into a stewpan and mix them well together over the fire, add the one gill of oyster liquor and stir till it thickens and the flour is cooked. When cooked, put this panada and the meat of whittings into a mortar, and pound them well together, adding the three eggs, one at a time, also a little salt and cayenne pepper. Pass this mixture through a hair-sieve; stir the oysters and the whipped cream lightly in. Well butter your mould, pour in the mixture, cover it with buttered paper, and steam it gently for one and a half hours.

SAUCE FOR OYSTER SOUFFLÉ.

Ingredients.

Bones of the Whittings.

Beards of the Oysters.

One ounce of Flour.

One ounce of Butter.

Half a gill of Cream.

To make half a pint of stock, boil down the beards of the oysters and whittings' bones in one

pint of water. Melt the flour and butter together, stir in the half pint of stock, and let it boil six minutes ; then add the cream, a few drops of lemon-juice, and a little cayenne. Pour this over the soufflé.

Petits Soufflés de Homard.

Ingredients.

One Hen Lobster.

Three tablespoonfuls of good Mayonnaise Sauce.

Half a pint of Aspic Jelly.

One gill of Tomato Sauce.

Cut up the meat of the lobster into neat pieces. Take some Ramequin cases and prepare as for a soufflé, with bands of writing-paper about three inches above the case. Put the Mayonnaise sauce, the tomato sauce, and aspic jelly into a basin, and whisk till it begins to look white ; stir in the pieces of lobster, add a little tarragon and chervil ; then fill the Ramequin cases. When set, take off the papers carefully. Garnish with coral sprinkled on the top, and serve.

Petites Truites de Rivière à l'Isabelle.

Ingredients.

Two Trout.

Twelve prepared Mussels.

Finely chopped Parsley.

Two ounces of Butter.

Two tablespoonfuls of Salad Oil.

Season the fish, cover thickly with dry flour. Fry in a frying-pan in hot salad oil. Drain, dish up neatly and sprinkle thickly with very finely chopped parsley. Put the mussels round the fish. Boil up the butter, brown slightly and pour it round the trout.

Scollops of Turbot.

Ingredients.

One pound of Cold Turbot.
Half a pint of White Sauce.
One teaspoonful of Anchovy Sauce.
Cayenne and Salt.
Browned Bread-crumbs.
One ounce of Butter.

Take one pound of cold turbot, salmon, or any cold fish, break it into small pieces, put in a stew-pan with a little salt and pepper, and the white sauce, to which may be added one tablespoonful of cream, also the anchovy sauce, and cayenne.

Butter some scallop shells, and sprinkle over them a few brown crumbs; fill in with the mixture; again sprinkle them with brown crumbs, and put them in the oven to get hot through. Serve on a napkin in the shells.

Slice of Salmon Baked.

Ingredients.

Two tablespoonfuls of Salad Oil.
One teaspoonful of chopped Parsley.

One Gherkin chopped fine.
One Shalot chopped fine.
One Anchovy chopped fine.
Half a teaspoonful of Cayenne Sauce.

Mix these all together and rub over both sides of a slice of salmon. Wrap the salmon in buttered paper and bake about half an hour. Serve in the paper.

Sole à la Maître d'Hôtel.

Ingredients.

One Sole, filleted.
One ounce of Butter.
Three quarters of an ounce of Flour.
Half a pint of Milk and Water.
Lemon-juice.
Salt and Pepper.
One teaspoonful of chopped Parsley.
Half a gill of Cream.

Put the bones and fins of the sole into a sauce-pan with half a pint of water and milk, and put it on to boil. Fold the fillets loosely, put them on a greased tin, sprinkle with pepper and salt, and squeeze some lemon-juice over them. Cover with a buttered paper, and place in a moderate oven for about six minutes. Melt the butter in a stewpan, add the flour, mix well. Strain and pour in the fish-stock made from the bones, and boil for ten minutes. Then add salt, pepper, cream, lemon-juice, and the chopped parsley. Arrange the fillets in a circle on a dish, and pour the sauce over them.

Sole aux Fines Herbes.

Ingredients.

One Sole.

Half a pint of White Sauce.

Two tablespoonfuls of Tarragon Vinegar.

One teaspoonful of mixed Parsley, Tarragon, and Chervil chopped finely.

Put the fish on a greased tin and bake in a slow oven for about ten minutes or until done. Reduce the vinegar in a stewpan, add the white sauce and mix well, then the chopped herbs, and seasoning to taste. Place the fish when done on a dish, pour the sauce over it. (The white sauce should be made of fish-stock.)

Sole au Gratin à l'Anglaise (No. 1).

Ingredients.

One Sole.

One teaspoonful of chopped Parsley.

Half a Shalot.

Four Mushrooms.

Lemon-juice.

Salt and Pepper.

Two tablespoonfuls of Italian Sauce.

Half an ounce of Butter.

Browned Crumbs.

Skin the sole, cut off the fins and the head and tail, and nick it with a knife on both sides. Dry it well; chop the parsley, shalot, and mushrooms and mix them together. Butter a dish, sprinkle half the chopped mushrooms, parsley, and shalot on the dish. Lay the sole on this seasoning, and sprinkle the rest of the parsley, &c., over the fish.

Squeeze over a little lemon-juice, season with salt and pepper, and then shake over some bread-crumbs previously browned in the oven. Lay the butter in little bits here and there on the fish. Put the sole in a moderate oven and bake it about ten minutes. Remove the fish on to a clean dish. Warm up the sauce and pour it round the fish.

Sole au Gratin (No. 2).

Ingredients.

One Sole.

Half a gill of Stock.

Half a Shalot.

Four Mushrooms.

Half an ounce of Butter.

Half teaspoonful of chopped Parsley.

Two tablespoonfuls of Brown Sauce.

Skin the sole and place in a gratin dish, pour a little stock over the fish, and add small pieces of butter here and there on the fish. Place the fish in the oven to partially cook it. Fry the mushroom and shalot in the butter, add parsley, brown sauce, a very little sherry, seasoning, a little glaze, and liquid from sole. Cover the fish with the sauce, sprinkle over a few crumbs, add small pieces of butter as before, and finish cooking in the oven.

Soles à la Bohémienne.

Ingredients.

Two Soles, filleted.

Two Truffles.

Two Eggs (hard-boiled).

One tablespoonful of chopped Parsley.

One tablespoonful of Lobster Coral.
 Three-quarters of an ounce of Butter.
 One ounce of Flour.
 One gill of Fish-Stock.
 Half a gill of Cream.
 Cayenne, Salt.
 Lemon-juice.

Fillet the soles, fold them over, put them on a buttered tin, cover them with a buttered paper to prevent them from burning, and cook in the oven. Melt the butter in a stewpan; add the flour and fish-stock; when well cooked, add the cream, salt cayenne, and lemon-juice. Chop up the truffles, yolks of eggs, and parsley finely; pound the coral in the mortar, and pass through a hair-sieve. Next arrange the soles on a dish, pour the sauce over; ornament each fillet, thus: one with truffles, one with eggs, one with coral, another with parsley, so on alternately.

Sole à la Portugaise.

Ingredients.

One large Sole.
 One ounce of Butter.
 One Shalot.
 Half a teaspoonful of Parsley.
 Half a teaspoonful of Anchovy.

Skin the sole, make an incision sufficiently large to admit of the stuffing; put the butter on a plate, add the shalot, parsley (chopped very fine), and anchovy sauce; put this stuffing in the sole, and put it on a buttered gratin dish. Then take—

One ounce of Butter.
 Four Tomatoes.

Half an ounce of grated Parmesan and
Bread-crumbs.

Half a gill of Tomato Sauce.

Peel and cut the tomatoes into thin slices, and lay over the sole alternately; sprinkle over this some salt and pepper, about one ounce of butter, and a few brown bread-crumbs, in which has been mixed a little Parmesan. Pour round the sole three tablespoonfuls of tomato sauce, cover with a buttered paper, and cook in a moderate oven about ten minutes.

Sole à la Colbert,

Ingredients.

One Sole.

One tablespoonful of Flour, mixed with Pepper and Salt.

One Egg.

White Bread-crumbs.

Frying Fat.

Parsley for frying.

Maître d'Hôtel Butter :

Half ounce of Butter.

One teaspoonful of Parsley finely chopped.

Pepper and Salt.

Lemon Juice.

Wash and dry sole, remove skin, trim head, tail, and fins. Make an incision down centre, raising top fillets without removing them. Cut the bone down sides and top and bottom, being careful not to cut fillet underneath. This enables the bone to be removed easily after cooking. Thoroughly dry the fish in the seasoning, then carefully egg and crumb it, pressing the crumbs well on, and roll back the loosened fillets. Fry

in hot fat for three to four minutes, drain. Carefully remove bone, and fill the cavity with pats of Maître d'Hôtel butter and the fried parsley. Garnish with lemon. Dish on paper.

Soles à la Rouennaise.

Ingredients.

Two Soles.

Lemon-juice.

Lobster Mixture (see Lobster Cutlets, p. 37).

Chopped Truffles.

Skin and fillet the soles; lay some lobster mixture on the half of each fillet, fold them over in half with the skin inside, and put them on a buttered baking sheet; squeeze a little lemon on each fillet, cover them with buttered paper, and bake for ten minutes. Dish up, garnish with six prepared mussels or bearded oysters, and serve with sauce Cardinal.

Sole à l'Horly.

Ingredients.

One Sole.

One tablespoonful of Salad Oil.

One teaspoonful of Chili Vinegar.

One teaspoonful of Tarragon Vinegar.

Chopped Parsley.

Chopped Onion.

Pepper and Salt.

FOR THE BATTER,

Two yolks and one white of Egg.

Two ounces of Flour.

One tablespoonful of Salad Oil.
Two tablespoonfuls of Milk or Cream.
Salt.

First make the batter, because it should stand before it is wanted. Mix the milk and flour smoothly together with a pinch of salt; add the two yolks of eggs and the oil—the white of egg whipped; mix in very lightly. Stand this on one side till you are ready to cook the fish. Mix the salad oil, tarragon and chili vinegar, with a little chopped parsley and onion; add some pepper and salt. Fillet the sole, cut each fillet in half, and lay each piece to soak for about ten minutes in the oil and vinegars. Dip each piece in the batter, and fry in boiling fat. Garnish with fried parsley, and serve with tomato sauce.

Stewed Sole à la Gascogne.

Ingredients.

One Sole.
One Onion.
Twelve Allspice.
Twelve Peppercorns.
Two tablespoonfuls of Mushroom
Ketchup.
One teaspoonful of Cayenne Sauce.
One gill of gravy or Stock.

Mix all the above together, pour into a stew-pan, lay the sole in it, and stew for twenty minutes; take out the sole, strain the sauce and pour over the fish.

Soufflé de Saumon.

Ingredients.

Half a pound of Salmon.
Two ounces of Vienna Flour.
One ounce of Butter.
One gill of White Sauce.
Two Anchovies, boned and washed.
One ounce of live Spawn.
Three Eggs.
One gill of half-whipped Cream.
Salt and Cayenne.

Shred the raw salmon and the two anchovies, pound them in a mortar, and rub them through a hair-sieve. Put the butter and flour into a stew-pan, and mix well together over the fire ; add the white sauce, and stir till it thickens and the flour is cooked. Now put this sauce and the salmon into a mortar with the spawn, salt, cayenne, three eggs added one at a time, and the whipped cream ; pound all well together. Butter your mould, put in the mixture, cover with a buttered paper, and steam very gently for about three-quarters of an hour. Turn it out on to a hot dish, and serve with any good fish sauce poured over it.

Stewed Eels.

Ingredients.

One pound of Eels.
Half a pint of Stock.
One dessertspoonful of Mushroom Ketchup.

One Onion.
 Sweet Herbs.
 One blade of Mace.
 Twelve whole Peppers.
 Salt.
 One ounce of Butter.
 Half an ounce of Flour.

Chop up the onion and fry it a nice brown, with the herbs and the flour, in the butter ; then stir in the peppers, the mace, a pinch of salt, and the stock. Cut the eel up into pieces and add it ; let it stew slowly till the fish is cooked—about half an hour. Take out the fish with a slice ; put it on a hot dish in the oven while you finish the sauce. Add the ketchup to the sauce ; let it boil up quickly, strain it over the eel, and serve.

Stewed Oysters.

Ingredients.

One and a half ounce of Butter.
 One ounce of Flour.
 One gill of Milk.
 One gill of Cream.
 A small blade of Mace.
 Lemon-juice.
 Salt.
 Twenty-four Oysters.
 One Yolk of Egg.

Blanch the oysters in their own liquor, strain them, and take off the beards. Cook the flour and butter together, add one gill of oyster liquor, one gill of milk, and a small piece of mace, a

little salt, and a few drops of lemon-juice. When the flour is cooked, strain out the mace, add the cream, the yolk of egg, and the oysters. Let the oysters get hot through, and serve with sippets of bread round.

Stewed Trout.

Ingredients.

One Trout.
Four Shalots.
One pint of Fish-Stock.
One ounce of Butter.
Two Cloves.
One teaspoonful of Salt.
A few grains of Cayenne.
One Carrot.
One Bay-leaf.
One tablespoonful of Basil and Thyme mixed.
A bunch of Parsley.

Chop up the shalots and carrot, put them in a stewpan with the butter and parsley; let this get hot, add the stock, cloves, herbs and seasoning; let all this simmer for one hour. Clean and wash the trout, tie round with broad tapes to prevent it breaking. Put the trout into a stewpan, strain the stock over it, add three glasses of port wine; let it simmer gently till the fish is cooked; it will take about half an hour. Take off the tapes carefully so as not to break the fish, reduce the stock it was cooked in, and pour over it. Hand a quartered lemon round with this dish.

Suprême de Crabe à la Tomate.

Take all the meat out of a crab, and to each pound add the following:—

Four ounces of stale Bread-crumbs.
 One gill of Tomato Sauce.
 The Juice of one Lemon.
 The Peel of a quarter of a Lemon.
 Five very thin slices of Lemon.
 Salt and Pepper to taste.
 One glass of Chablis, or more if the crab is very dry.

Simmer gently for a quarter of an hour, taking care that it does not burn. Before serving, bring it just to the boil; serve in the shell, and garnish with fried parsley.

Tartelettes à l'Indienne.

Ingredients.

Twelve large Oysters.
 One Shalot chopped fine.
 One Carrot (cooked).
 Half a gill of Cream.
 One teaspoonful of Curry Powder.
 Half a teaspoonful of Lemon-juice.
 Half an ounce of Flour.
 One ounce of Butter.
 Cayenne Pepper.
 A little Salt.

Line some small patty-pans with good paste, very thin, and fill them with rice, so that they may be kept hollow, and bake ten minutes; then take out

the rice, blanch the oysters, and remove the beards only, not the muscle part, and lay them in cold water to keep their colour. Melt the butter, fry the shalot, add the flour and curry-powder, the liquor from the oysters, cayenne, and lemon-juice ; when this is cooked over the fire, add the cream and the carrot, cut up in dice ; fill the cases with this mixture, and put on the top of each case one oyster glazed. When finished, cover with a buttered paper, and make hot in the oven.

To Warm up Perch.

Ingredients.

Cold cooked Perch.
Half a pint of Port Wine.
One quart of Stock.
One large Onion.
Twelve whole Peppers.
Twelve Allspice.
One blade of Mace.
One teaspoonful of Anchovy Sauce.
One tablespoonful of Mushroom Ketchup.
One tablespoonful of Chili Vinegar.

Mix all these ingredients together and make them hot ; put in the cold perch in flakes, and serve when thoroughly hot.

To Warm up Salmon.

Ingredients.

Salmon.

Two tablespoonfuls of Liquor.

One tablespoonful of Salad Oil.

One dessertspoonful of Chili Vinegar.

One dessertspoonful of Cucumber Vinegar.

One teaspoonful of minced Capers.

One teaspoonful of Anchovy Sauce.

Bread-crumbs.

Separate the salmon in flakes and lay them in a sauce made of all the above ingredients mixed together (except the crumbs), to soak for about two hours. Take them up separately and lay them in a scollop tin. Mix the sauce with enough bread-crumbs to give it consistency; cover the fish with it and allow it to brown in the oven.

Water Souchy.

Ingredients.

Fish, Perch or Flounders.

Fish Liquor.

Four Parsley plants, roots and leaves.

One teaspoonful of grated Horse-radish.

One teaspoonful of Shalot Vinegar.

One teaspoonful of Cayenne Sauce.

One teaspoonful of Walnut Ketchup.

Stew the fish slowly, in just enough fish liquor to cover them, with the parsley, the horse-radish

and above sauces. When the fish are done, lay them in a deep dish, with a teaspoonful of chopped parsley; strain the liquor in which the fish were cooked over them, and serve, adding a little more fish liquor to them if there is not enough left after the cooking to cover them.

Whitebait.

Ingredients.

Three or four pounds of Lard or clarified Fat.

Whitebait.

One large teacupful of Flour.

Put the lard in a stewpan and let it get very hot. If you use a fryometer the heat of the fat must not be less than 400 degrees. Pick the whitebait carefully out of the water, and lay them on a sieve to dry. Put the flour into a sheet of kitchen paper. Toss the whitebait in the flour, move them about quickly, and finger them as little as possible. Then turn the fish into a frying-basket and sift all the loose flour back on to the paper. Plunge the fish into the fat, which must be as hot as possible not to burn, for one minute; shake well, and serve at once very hot. To devil whitebait, sprinkle them, when cooked, with pepper and cayenne mixed. Hand round with quartered lemon and thinly cut brown bread and butter.

CURRIES AND INDIAN DISHES.

*AS TAUGHT BY A NATIVE COOK IN THE
COLONIAL AND INDIAN EXHIBITION, 1886.*

GENERAL REMARKS ON CURRIES.

1. The quantity of butter depends a great deal on the fatness of the meat curried.

2. The onions should be of a moderate size. If small, more must be used than specified in the recipes; if large, less.

3. The quantity of fluid must depend greatly on the length of time the meat has to be cooked.

The cook must use a little judgment in this matter.

Curry Powder.

Ingredients.

One pound and a half of *Papaver Somniferum*.

Two pounds of Turmeric (Powder).

Two ounces of Yellow Mustard Seed.

One ounce of Cinnamon.

Quarter of a pound of Garlic.

A little Lemon-juice.
Five pounds of Coriander Seed.
Quarter of a pound of large Chillies.
Two ounces of Black Pepper.

Grind all these up together in a spice mill, then rub them through a hair-sieve. I have given half the quantities the native gave me, they can be decreased in proportion as required. It is best to make small quantities. Be sure to get the turmeric powdered. I broke several machines trying to grind it; the rest of the ingredients are easy enough. The ingredients can be had of any large wholesale druggist. Get the large chillies, the little ones are so terribly hot. When we do not make our own curry powder, we always use Edmund's; also his curry paste and chutneys.

Brown Curry (Beef).

Ingredients.

Two pounds of Beef.
Two ounces of Butter.
One Onion.
One tablespoonful of Curry Powder.
Half a pint of Stock.
Half a saltspoonful of Salt.
Juice of half a Lemon.

Melt the butter in a sancepan, put in the onion sliced and fry a few minutes.

Then add the meat cut into small pieces and cook all together. Now sprinkle the curry over the meat and stir the contents of the sancepan over

the fire for about five minutes. The stock and the salt must now be added and the curry cooked slowly for about an hour and a half or until the meat is tender. Add the lemon-juice just before serving.

(Mutton or veal may be cooked by this recipe.)

Dry Curry.

Ingredients.

Two pounds of Beef.
Two ounces of Butter.
One Onion.
One tablespoonful of Curry Powder.
Two Chopped Gherkins.
One dessertspoonful of Chutney.
One saltspoonful of Salt.
Juice of half a Lemon.

Melt the butter in a stewpan, put in the onion sliced, and fry a few minutes. Then add the meat cut into small pieces and cook all together. Now sprinkle the curry over the meat and stir the contents of the saucepan over the fire for five minutes. The gherkins, chutney, and salt must now be added, and the stewpan must be set over a very slow fire for about an hour.

It is impossible to give the exact time, as it depends on the meat, which must be quite tender. Add the lemon-juice just before serving.

Fish Curry.

Ingredients.

Two pounds of Fish.

One Onion.

Two ounces of Butter.

One tablespoonful of Curry Powder.

Half a saltspoonful of Salt.

The Juice of half a Lemon.

Half a pint of Stock, or half a pint of Almond

Milk. (See Chicken Curry.)

Melt the butter in a saucepan, put in the onion sliced and fry for a few minutes. Then add the curry powder and fry also. Now pour in the stock or almond milk, add the salt and lemon-juice, and boil all together for five minutes. Then put in the fish, which should be cut up into pieces about one and a half inches square, and allow it to cook in the curry until done, which will be from fifteen to thirty minutes according to the sort of fish.

Kebob Curry.

Ingredients.

Two pounds of Beef, Mutton, or Veal.

Two or three Onions.

Three or four pieces of Green Ginger.

Procure some small skewers about two and a half inches long. Peel the ginger and slice it, skin the onion and slice it rather thickly, and cut the meat into pieces about an inch and a half

square. Thread the meat, ginger, and onion on the skewers, about two pieces of each alternately. When the skewers are full proceed to make the curry by either of the recipes for meat curry given in this book, putting in the skewers in place of the pieces of meat.

Vegetable Curry.

Ingredients.

Two Carrots.
Two Turnips.
Half a pint of Green Peas.
Two Potatoes.
One Onion.
One and a half ounces of Butter.
Half a pint of Stock.
One tablespoonful of Curry Powder.
One teaspoonful of Lemon-juice.
One teaspoonful of Salt.

Melt the butter in a saucepan, add the onion sliced, and fry a few minutes. Then add the curry powder and stock mixed together, the salt, and the lemon-juice, and boil all together for about five minutes.

Have ready the carrots, turnips, and potatoes, cut into small pieces and boiled separately, and the peas nicely cooked. Put these vegetables into the curry and warm for about five minutes.

White Curry (Chicken).

Ingredients.

One Fowl.

One Onion.

Two ounces of Butter.

Two tablespoonfuls of Curry Powder.

Two ounces of Sweet Almonds.

Half a saltspoonful of Salt.

The Juice of half a Lemon.

Half a pint of Water.

Melt the butter in a saucepan, put in the onion sliced and stir over the fire, but do not brown. Then add the fowl cut into rather small pieces, and cook all together for a few minutes. The curry powder should then be sprinkled over the fowl and the contents of the saucepan stirred carefully over the fire for five minutes.

Blanch the almonds and pound them with a little water. When they are quite fine put them in a strainer and pour over them the rest of the water, which should come from the almonds looking like milk. Add this almond milk and the salt to the curry, and cook slowly for about half an hour according to the age of the fowl. Add the lemon-juice a few minutes before serving. (Veal may be cooked by this recipe.) Grated cocoa-nut may be used instead of almonds.

Burdwan of Fowl.

Ingredients.

One cooked Chicken.
One sliced Onion.
Twenty-four Oysters.
Half a pint of White Sauce.
One glass of Sherry.
One tablespoonful of Anchovy Sauce.
One ounce of Butter.
Cayenne.
Salt.

Melt the butter in a saucepan, put in the onion and fry it a little. Then add all the other ingredients, except the chicken and the oysters, and boil the sauce for about five minutes. Lastly put in the fowl cut into neat joints, and the oysters blanched and bearded, cook slowly about ten minutes and serve.

Devilled Almonds.

Ingredients.

Two ounces of Sweet Almonds.
Two ounces of Butter.
Seven or eight croûtons of fried Bread.
One tablespoonful of Chutney.
Two chopped pickled Gherkins.
One tablespoonful of Worcester Sauce.
Cayenne and Salt.

Blanch and shred the almonds, then fry them brown in the butter. Mix the chutney, gherkins,

Worcester sauce, cayenne, and salt on a plate; turn this mixture into the pan with the almonds and mix well. When quite hot serve on croûtons.

Deville'd Lobster.

Ingredients.

The Tail of one or more Lobsters.
Seven Croûtons of fried Bread.
Two tablespoonfuls of Chutney.
Two chopped pickled Gherkins.
One tablespoonful of Worcester Sauce.
Cayenne.
Salt.
Two ounces of Butter.

Cut from the tail of the lobster seven nice slices; these should be as nearly the same size as possible. Mix the chutney, gherkins, salt, cayenne, and Worcester sauce on a plate, and cover each piece of lobster with the mixture. Make the butter hot in a frying-pan, put in the pieces of lobster, and warm thoroughly.

Have the croûtons hot and crisp, and place one piece of lobster on each. If any of the chutney mixture remains, put a little on each piece of lobster. Serve very hot.

Clear Mulligatawny.

Ingredients.

One quart of good Stock.
Two ounces of Butter.
One sliced Onion.
Two sliced Tomatoes.
Three tablespoonfuls of Curry Paste.
Two green Chillies cut fine.
Three Eggs.

Fry the onion in the butter, add the tomatoes, chillies and curry. Then pour in the stock and boil for about half an hour. Skim well. Let the soup cool. Beat the whites and yolks of the eggs together, wash and crush the shells, and add all to the soup. Stir over the fire until boiling, and strain in the usual way. Serve boiled rice separately.

“Mollet” (Indian Breakfast Dish).

Ingredients.

Two ounces of Butter.
One rather large Onion sliced.
Two pounds of Fish.
One ounce and a half of Sweet Almonds.
Half a pint of Water.
One ounce of Turmeric.
One teaspoonful of Salt.
Cayenne.
Two or three chopped green Chillies.

Melt the butter in a saucepan, and fry the onion a little. Blanch the almonds and pound

them, adding the water by degrees. Then put the almonds, water, salt, cayenne, turmeric and chillies into the saucepan and boil for about five minutes. Have the fish boned if possible, and cut in pieces about one and a half inches square, place these pieces in the stewpan and cook slowly until done, from fifteen to thirty minutes according to the sort of fish. Take out the chillies, and serve with boiled rice.

Pillau of Fowl.

Ingredients.

One Fowl.
Half a pound of Rice.
Quarter of a pound of Butter.
One Onion.
Twelve Raisins.
One ounce of Sweet Almonds.
One quart of White Stock.
Two Cloves.
One inch stick of Cinnamon.
Cayenne.
Salt.

Have the stock boiling, put in the fowl and boil for twenty minutes. Heat the butter in a stewpan and fry the almonds blanched and shredded, the raisins stoned and cut in halves, and the onion skinned and shredded. When these are browned strain them from the butter and place them aside. Heat the butter up again, put in the rice picked and washed, and fry it a light brown. Strain off the butter and add the stock by degrees to the

rice until it is quite tender. Then stir in the salt, cayenne, cinnamon, and cloves. Make a well in the centre of the rice, lay in the fowl, heap the rice on the bird, and cook all together for about forty-five minutes. To serve, place the fowl on a dish, the rice round and a little on the bird, and garnish with the fried raisins, almonds, and onions.

(The rice may not require quite the quart of stock.)

ENTRÉES.

Ailerons de Volaille à l'Indienne.

Ingredients.

The Pinions of young Fowls—ten for an Entrée.

Two ounces of Quenelle Meat.

Two ounces of Foie-gras.

Bone and stuff the wings of the chicken with the mixture of quenelle meat and foie-gras, sew up the ends with needle and cotton, braize for three-quarters of an hour; dish up on a bed of well cooked rice, and serve with a good curry sauce round.

Ailerons de Volaille à la Créole.

(Chicken Breasts.)

Ingredients.

Two Surrey Fowls or Chickens.

One pint of Rice Stock.

Three Truffles (small).

Half a pint of cooked Vegetable Macédoine.

Salt and Pepper.

Six ounces of Rice.

Two ounces of Butter.

Six Artichoke Bottoms (small).

One gill of Sauce Aigre-douce.

Aromatic Seasoning.

First blanch and cook the rice in stock. Then carefully remove the breasts of the fowls or chickens, leaving the bones on them. Trim them neatly, and cut into nice portions, say three from each breast, removing the skin at the same time. Toss the joints in butter in a sauté-pan for a few minutes over a brisk fire; when nicely coloured put the pan in the oven, covered with a piece of buttered paper, and then allow to braize for ten or twenty minutes. Add the butter left over from cooking the chickens to the rice. Season to taste, and let it reduce in the oven till almost dry. Then mix the rice with the truffles, previously chopped finely. Fill a buttered border mould with the cooked rice; shake it well to get the rice in firmly, and unmould on a hot dish. Have the artichoke bottoms and macédoine of vegetables ready heated. Fill the artichokes with the vegetables, and place them neatly round the top of the border of rice. Season the chicken breasts with aromatics and salt; pour off the fat, and dress them in the centre of the dish; pour over them a little of the sauce, and serve the remainder in a sauce-boat to be handed round.

Place the dish in a hot oven for a few minutes to get well heated, and send to table. (For Sauce, see page 148.)

Beef Olives.

Ingredients.

One pound and a half of Fillet of Beef or Rump Steak.

Three ounces of Bread-crumbs.

Two ounces of Beef Suet.

One teaspoonful of chopped Parsley.

Quarter of a teaspoonful of chopped Thyme and Marjoram.

Nutmeg and Lemon-rind grated.

One Egg.

Salt and Pepper.

One pint of Brown Sauce.

Cut the fillet of beef into pieces of half an inch thick and four inches long, and beat them out with a wet cutlet-bat. Chop up the trimmings of the beef, the suet, parsley, thyme, and marjoram, and mix them in a basin with the bread-crumbs, the grated lemon-rind, nutmeg, salt, pepper, and the egg; stuff each piece of beef with this mixture, roll it up, and tie it round with a piece of string. Place these stuffed rolls of beef in a stewpan with one pint of brown sauce, and stew gently for three-quarters of an hour. For serving, take off the string, and dish up with mashed potato or spinach, with the sauce poured round.

Bengal Curry.

Ingredients.

Two pounds of Meat—Chicken, Veal, Beef,
or Rabbit.

Six Onions.

One Clove Garlic.

Two Cardamoms.
 One inch of Cinnamon.
 One tablespoonful of Curry Powder.
 One tablespoonful of Curry Paste.
 Quarter of a pound of Butter.
 Lemon-juice.
 Salt.

Cut the meat in pieces; slice the onions and put them in a saucepan with the butter, cardamoms, garlic, and cinnamon; cook all this over the fire until the onions are quite tender, taking care that they do not brown; then stir in the powder, paste, meat, and salt. Put the lid on and let it simmer in the oven. If the meat used is chicken or rabbit, one hour will be sufficient; if beef or mutton, two hours will not be too long; add then the lemon-juice, and serve with well-boiled rice, separately.

Bouchées de Volaille à la St. James.

Ingredients.

Half a pound of Chicken.
 Twelve Oysters.
 One gill of Béchamel Sauce.
 Half a gill of Curry Sauce.
 Half a pint of whipped Cream.
 One teaspoonful of Lemou-juice.
 Six button Mushrooms.
 Pepper and Salt.
 One ounce of Butter.
 One Shalot.

Take half a pound of the white meat of a fowl,

six mushrooms, pepper and salt; pound these in a mortar and pass through a hair-sieve, add to it a gill and a half of whipped cream and the gill of Béchamel sauce. Take the beards off the oysters, cut each one in half, fry the chopped shallot in the butter, add the curry sauce and half a gill of cream, cook this, then stir in the oysters, mix well and add a little salt and cayenne. Grease the Bouchée moulds, line well with the cream of chicken; put some of the oyster mixture in the middle, cover each with more chicken cream, and steam very steadily for fifteen minutes. Serve very hot with some good Suprême sauce poured round the bouchées.

Bouchées à la Reine.

Ingredients.

Half a minced Chicken.
Two ounces of minced Ham.
Six minced Mushrooms.
Three minced Truffles.
Half a pint of White Sauce.
One gill of Cream.
Yolks of two Eggs.

Cases made with puff paste, either baked like vol-au-vent cases, small, or line some little moulds, which should be filled with rice before baking, to prevent them from rising too much. Next put the sauce into a stewpan, with chicken, ham, etc.; when it is quite hot add the cream, and lastly stir

in the yolks of eggs, which must be cooked but not curdled; fill this into the patty cases, and serve.

Boudins à la Richelieu.

Ingredients.

Half a pound of Chicken.
Half a gill of White Sauce.
Half a gill of Cream.
One ounce of Panada.
One Egg.
Salt and Pepper.

Pound the chicken, panada, egg, and seasoning all together, pass through a hair-sieve; stir in the sauce and cream very carefully, grease your tins and fill with the mixture. Cut in small neat squares, two ounces of chicken, two ounces of tongue, half a truffle and two mushrooms; mix in two tablespoonfuls of white sauce, put a small piece of this in the middle of each one, cover over and steam for ten minutes. Serve with good sauce round.

Broiled Partridge.

Ingredients.

A young Partridge.
Chopped Parsley.
Mushrooms and Shalot.
One ounce of Butter.
Bread-crumbs.

Pick and clean a nice young partridge, cut it in half, leave on the legs but cut off the toes,

press the leg towards the wing to make it into a neat cutlet shape, season with pepper and salt and sprinkle over the parsley, mushrooms and shalot, baste over this with warm butter, then sprinkle over again with brown bread-crumbs, broil for fifteen minutes, baste again with warm butter, and serve very hot with fried strips of potato and either a good beef-tea gravy or Espagnole sauce.

Calf's Head Pie.

Half a calf's head with the skin on, boiled till tender, cut in squares, lay thin slices of bacon at the bottom of the pie-dish, lay squares of the head over, distributing fat, lean, and skin as equally as possible, not close together but with spaces for gravy to form jelly, another thick layer of bacon, and repeat squares as before till the dish is full. Tongue in the middle at top. Four hard-boiled eggs cut in halves, mix brains, sage and eggs into forcemeat balls, sprinkle cayenne and nutmeg, fill in the dish with good stock reduced from the liquor the head was boiled in. Cover with rough puff paste, and bake.

Cold Chicken Cutlets.

Ingredients.

Four ounces of cooked Chicken (chopped).

Two ounces of cooked Ham (chopped).

Three Mushrooms (chopped).

Trimmings of Truffle (chopped).
 Three-quarters gill of Béchamel Sauce.
 One sheet of Gelatine.
 Salt and Pepper.
 Half a pint of Chaudfroid Sauce.
 Half a pint of Aspic Jelly.
 Truffle and Chervil for decorating.
 Salad.

Melt the gelatine in the Béchamel sauce, and add the chopped ingredients and seasoning. Spread the mixture on a plate to cool and shape into cutlets. Coat them twice with chaudfroid sauce, decorate, and baste with aspic. Dish up with salad in the centre, chopped aspic round.

Chaudfroid of Chicken (No. 1).

Ingredients.

One cold boiled Chicken.
 Half a pint of Béchamel Sauce.
 Two Sheets of Gelatine.
 One Beetroot.
 One Cucumber.
 One pint of Aspic Jelly.
 Mayonnaise Sauce.

Melt the gelatine and stir it into the Béchamel sauce. Cut the chicken into neat joints; remove the skin, and mask each piece carefully with the white chaudfroid sauce. Dish up on chopped aspic jelly; garnish with a little of the cucumber and beetroot; the remaining beet and cucumber cut into neat pieces, stir into the mayonnaise, and serve in the centre.

Chaufroid of Chicken (No. 2).

Another very simple chaufroid is less rich and a nice change; leave out the aspic jelly and mayonnaise sauce, season the white sauce for masking well with tarragon, pile up the pieces of chicken neatly on the entrée dish and garnish with the white hearts of cabbage lettuces cut in halves.

Chaufroid de Poulet en Kari.

Ingredients.

One Boiled Chicken, cut into neat joints, skin removed;
or Breasts of Chicken only.

Three-quarters of a pint of Chaufroid Sauce.

One pint of Aspic Jelly.

Rice Soele.

Boiled Rice.

Two ounces of Butter.

Two ounces of Flour.

One Onion.

One pint (about) of Stock, in which chicken was cooked.

One gill of Cream or Cocoanut Milk.

One Tomato.

One tablespoonful of Light Curry Powder.

Lemon Juice.

Salt.

One and a half gills of Aspic Jelly.

Slice the onion thinly and fry it until colouring in the butter. Add flour and curry powder, and fry slightly, add tomato, and by degrees the stock, keeping the sauce thick. Add seasoning and cream. When sauce is well cooked wring through tammy, stir into liquid aspic jelly.

When cold mask the joints of chicken carefully and well, decorate with truffle and red chillies, if liked, baste with aspic. Dish up high on rice socle. Arrange a border of well-cooked rice (cooked in chicken stock) round base of dish, and some fancy shapes of aspic.

RICE SOCLE.

Half a pound of Carolina rice, well washed, blanched, and cooked with half a pint of water. Bring to boil on stove, and finish in oven. Add more water during cooking, if needed. When tender knead with hand, or pound in mortar. Shape in mould, or pudding cloth. When quite cold, trim and use.

Chaufroid of Larks or Quails.

Ingredients.

Larks or Quails.
 Half a pint of brown Stock.
 Half a gill of Sherry.
 Bay-leaf and Thyme.
 A little chopped Onion, Carrot and Turnip.

Ingredients for stuffing "Liver Farce."

Half a pound of Calf's Liver.
 Quarter of a pound of Bacon.
 One small Carrot.
 A small bunch of Herbs.
 One Onion, Salt, Pepper and Nutmeg.

First make the stuffing. Cut up the bacon and cook it, then add the liver cut up, the carrot, herbs,

onion, salt, pepper and nutmeg. When well cooked pound all in a mortar and rub through a wire sieve. This liver farce is now ready for use. Draw and clean the birds, take out the breast-bone and the back-bone but leave the legs. Stuff each bird with the liver farce, tie each one up in a piece of muslin, lay them in a stewpan, cover them over with their bones, chopped vegetables, bay-leaf, thyme, half a pint of stock, and half a gill of sherry. Let them cook steadily for half an hour, then strain the stock the birds were cooked in, remove the fat, and reduce it to a glaze, take the muslin off the birds and baste each one several times with this glaze to coat them well. When cold, dish up the birds on chopped aspic jelly with small dressed salad in the centre.

Chaufroid Cotelettes.

Ingredients.

One and a half pounds best end neck of Mutton.

Half a pint of Brown Sauce.

Half a gill of Aspic.

One dessertspoonful of Sherry.

Two Sheets of Gelatine.

Half a teaspoonful of Meat Glaze.

Macédoine of Vegetable.

Half a tablespoonful of Mayonnaise.

Chopped Aspic.

Lettuce.

Braise the lamb in the usual manner; when cold, trim it, and season each cutlet. Add glaze, aspic, sherry and gelatine to the brown sauce, blend thoroughly together and coat each cutlet

with it. When set pour over a little extra liquid aspic. To dish up, have a centre of macédoine, mixed with a little mayonnaise, arrange cutlets round, and decorate with chopped aspic and lettuce. Brush the cutlets with a little glaze before coating with sauce. A little mint sauce brushed over before the brown sauce is an improvement to the flavour. A little chopped tarragon and chervil added to the macédoine improves it.

Chartreuse de Faisan.

Ingredients.

A cooked Pheasant.

Two ounces of Flour.

One ounce of Butter.

One gill of Stock.

Three tablespoonfuls of Brown Sauce.

Two Eggs and the Yolk of an Egg.

A teaspoonful of chopped Mushrooms.

Pepper and Salt.

Take the breast of the pheasant and cut it into neat pieces, add to this a teaspoonful of chopped mushrooms, a little salt and pepper, the yolk of one egg, and three tablespoonfuls of brown sauce. Then make a panada of two ounces of flour, one ounce of butter and one gill of stock; cook this well and turn it out to cool. Take the rest of the meat of the pheasant, about three-quarters of a pound, pound it in the mortar with the panada, two eggs, pepper and salt, and pass it through a sieve. Grease a mould well and fill it with this mixture, leave a well in the centre, and fill it in with the minced breast of the pheasant,

cover over with more of the mixture, smooth it over with a palette knife dipped in hot water, cover with a buttered paper, and steam steadily for one hour.

SAUCE FOR THE ABOVE.

Ingredients.

The bones of the Pheasant.
One ounce of Butter.
One ounce of Flour.
One pint of Stock.
One Tomato.
One gill of Sherry.
A few drops of Lemon-juice.
A Bayleaf, Thyme, Shalot.
A few Mushrooms.

Fry the bones in the butter with the herbs, add the flour and brown; then add the stock, tomato, and mushrooms; cook these well till reduced to half a pint; add the sherry and lemon-juice, strain, and pour over the Chartreuse.

Chartreuse de Lièvre.

Ingredients.

One Hare.
Four tablespoonfuls of Brown Sauce.
One teaspoonful of chopped Mushrooms.
Three Eggs.
One ounce of Butter.
Two ounces of Flour.
One gill of good Stock.
Pepper, Salt, and a little grated Nutmeg.

Make a panada of the flour, butter, stock and seasoning, cook it well and turn it out to cool. Take one pound of cooked hare, and pound it in a

mortar with this panada and two eggs, then rub it through a sieve and stir in two tablespoonfuls of good brown sauce. Grease a mould and fill in with this quenelle meat, leaving a well in the middle, into which put three ounces of the nicest parts of the hare cut into dice, mixed with one gill of good brown sauce, the yolk of an egg, a teaspoonful of chopped mushrooms, a little pepper and salt. Cover over this well when it is filled with more of the quenelle meat, and steam for one hour. Make the sauce of the bones of the hare chopped up, and fried in one ounce of butter with a bayleaf and a little thyme, clove of garlic, onion and carrot. When the flavour is well extracted add three gills of brown sauce, a little lemon-juice, a teaspoonful of red currant jelly, a few grains of cayenne, and one gill of port wine. Boil all well together, and strain over the Chartreuse.

Chicken Casuala.

Ingredients.

One Chicken.
Two ounces of Butter.
One Onion.
One Egg.
One quart of White Stock.
Four Potatoes.
Pepper and Salt.

Cut up the onion and cook it in the butter; cut up the chicken into neat joints, add it to the onion, also the stock, pepper and salt, and let it all stew

gently for half an hour. Peel the potatoes, cut them into slices not too thin, add these to the chicken and stew gently until the potatoes are cooked; just before dishing up break the raw egg over, dish up neatly, and serve.

Chicken Sauté à la Marengo.

Ingredients.

One Chicken.

One gill of Salad Oil.

A few Truffles.

Six Chives, cut small.

Six Mushrooms.

Half a pint of Tomato Sauce.

Half a pint of Brown Sauce.

Croûtons of Puff Paste.

Fried Eggs.

Cut the chicken in six pieces; put it in a stewpan with the salad oil; let it brown, which will take about ten minutes, then pour away the oil; add the mushrooms, the tomato, and the brown sauce, also the chives and the truffles; it is best to put the stewpan in the oven, with the lid on, and let simmer for about one hour. This should be nicely arranged on a silver dish, and served with croûtons of puff paste, called "fleurons"; fried eggs, *i.e.*, eggs poached in hot oil, should also be used as a garnish.

Civet de Lièvre.

Ingredients.

One Hare.
 Half a pound of Bacon.
 Twenty-four Button Onions.
 Twelve Mushrooms.
 Bouquet Garni.
 Half a gill of Claret or Port Wine.
 Half a pint of Brown Sauce.

Cut the hare in neat pieces, wipe but not wash it ; cut the bacon in strips, and fry in a sauepan ; add the hare. Let it sauté about ten minutes. Add the claret, bouquet garni, and mushrooms ; let this simmer gently one hour, then add the brown sauce and the onions, which should be previously blanched ; let it simmer again for about half an hour, remove the bouquet garni, and serve with fried eroutons.

One gill of Tomato Sauce,
 Half a gill of Glaze,
 One tablespoonful of Chutney,

if added to this, makes a great improvement.

Côtelettes de Mouton à l'Ambassadrice.

Ingredients.

One best end of the neck of Mutton.
 One ounce of Butter.
 One Shalot (chopped fine).
 One dessertspoonful of chopped Mushrooms.
 One ounce of Flour.

One teaspoonful of chopped Parsley.

One gill of Stock.

The Yolk of an Egg.

Pepper.

Salt.

A few drops of Lemon-juice.

Two ounces of chopped Marrow.

Trim the cutlets neatly, and cook them in a sauté-pan in a little stock covered over with a buttered paper. While these are cooking prepare the farce as follows: cook the butter and shallot together, then add the flour and cook well, stir in the mushrooms, parsley, yolk of egg, stock, pepper, salt and lemon-juice; let these cook without boiling, stir in the marrow and turn the farce out to cool. Mask the cutlets with this, smoothing it over with a knife dipped in water; egg and bread-crumbs, and fry in hot fat; dish up in a circle with the sauce poured over, and some nicely-cooked macaroni in the centre.

Sauce for the above will be found amongst the sauces: Ambassadrice Sauce.

Crème de Volaille.

Ingredients.

Half a pound of the meat from the breasts of
two raw Fowls.

One pint of Double Cream.

Pepper and Salt to taste.

Pound the meat in a mortar, add pepper and salt to taste, and pass it all through a hair-sieve. Then add one pint of double cream, half whipped,

mix these well together, and steam in a well-buttered mould very slowly for half an hour. It is best to try a little of the mixture in a patty-pan first, and if it is too stiff, add a little more cream. Turn out and serve with Béchamel sauce poured round; the sauce should be made with chicken stock.

Rissoles de Volaille.

Prepare some mixture as for Tartelettes of Chicken, page 90, make half a pound of puff pastry and roll out very thin; stamp out a round about the size of a teacup, and put a small piece of the mixture in the centre, brush over the edge, then fold over after well egging the edges. Egg and bread-crumb, and fry in hot fat and serve with fried parsley.

Cutlets à la Bretonne.

Ingredients.

Best end of a neck of Mutton.

One gill of Béchamel Sauce.

Half a pint of Haricot Beans, well cooked.

Four Onions, well cooked.

One ounce of Butter.

Pepper and Salt.

* Trim the cutlets, bread-crumb and fry them. Put the haricots and onions, previously well

* For detailed directions how to cut and trim cutlets, see Mutton Cutlets à la Soubise, page 91. .

boiled, in a stewpan with the butter ; season, and stir them over the fire. When they are hot, pass them through a tammy or hair-sieve, add the white sauce, dish the cutlets, and put the purée of beans and onions in the centre, pouring round a little thin brown sauce or half-glaze.

Cutlets Chaudfroid à la Russe.

Ingredients.

Best end of a neck of Mutton.

One pint of Aspic Jelly.

One gill of good Glaze.

Macédoine of Vegetables, consisting of Carrot, Potato, Cauliflower, Peas, Green Haricots, French Beans, Beetroot, Cucumber, all of which must be neatly cut in equal sizes, and carefully boiled in separate water, washed in cold water after, "to preserve the colour."

Half a pint of thick Mayonnaise Sauce.

Pepper and Salt.

The cutlets must first be cut, a bone to each cutlet, and not very much trimmed, then braized for an hour (in the oven is best) till the meat is quite tender ; take them out and press them until cold, when each cutlet should be very neatly trimmed, and dipped in the glaze until they have a smooth glacé appearance. Next chop the aspic, cutting from it first a few croûtons to arrange round the cutlets. Put the chopped aspic on the dish, arrange the cutlets, and fill in the centre with the macédoine, which should previously be well stirred into the Mayonnaise sauce, leaving

the beetroot to add at the last, as it discolours the other vegetables. This entrée can be varied or ornamented, according to taste, with cut cucumber, small frills, etc.

Cutlets à l'Epicurienne.

Ingredients.

Best end of a neck of Mutton.
 One Onion.
 Pepper and Salt.
 One dessertspoonful of Vinegar.
 Two tablespoonfuls of Salad Oil.
 Half a pint of Stock.
 A little Glaze.
 Two ounces of Butter.
 Some chopped Mushrooms.

Trim the cutlets, lay them round in a sauté-pan, put in one ounce of butter, cover them with the onion cut in slices, sprinkle over them some pepper and salt, and pour over all the stock, oil, and vinegar. Stew gently for about half an hour; take out the cutlets, glaze them, strain the sauce and reduce it; dish the cutlets on a border of mashed potatoes with the chopped mushrooms in the centre, and sauce poured round.

Cutlets à la Milannaise.

Ingredients.

Strips of Tongue.	} Equal quantities of each.
Strips of Truffles.	
Strips of Macaroni.	

One gill of White Sauce.
Best end of a neck of Mutton.
One gill of Brown Sauce.
One Egg.
Bread-crumbs.

Trim the cutlets, egg and bread-crumbs them, and fry them in butter. Dish them on a border of mashed potatoes. Stir the tongue, truffles, and macaroni into the white sauce, and serve in the centre of the cutlets; pour the brown sauce round, and serve.

Mutton Cutlets à la Provençale.

Ingredients.

Three pounds of the best end of a neck of Mutton.
Half a pint of White Soubise Sauce.
Six Mushrooms (chopped fine).
One Shalot "
One small Onion "
Half a Clove Garlic (whole).
One tablespoonful of chopped Parsley.
Yolks of four Eggs.
Pepper and Salt, to taste.
Brown Bread-crumbs.
One teaspoonful of Parmesan (grated).

Trim your cutlets, fry them, and press them until cold ; remove all outside pieces, so that each cutlet may be the same size and shape. Put the soubise sauce in a sauté-pan ; add the mushrooms, shalot, onion, garlic, pepper, and salt ; when they have cooked ten minutes, take out the garlic, stir in the yolks of egg, and cook well, also the parsley ; this will now form a stiff paste, which must be put on the cutlet on one side only. Sprinkle over

each cutlet a little browned bread-crumb, to which has been added the Parmesan cheese. Put them in the oven to get hot through, dish them up, and serve with brown sauce or demi-glaze.

Cutlets à la Rachel.

Ingredients.

Six or seven Mutton Cutlets.

Half a pound of Calf's Liver.

Quarter of a pound of fat Bacon.

A Pig's Caul.

One small Carrot.

One small Onion.

Parsley, Bayleaf, Thyme, all tied together.

One Shalot.

One Clove of Garlic.

Twelve Peppercorns.

A small blade of Mace.

Cut up the bacon and fry it for five minutes, having added the liver and other ingredients (except the cutlets and caul). When the liver is quite cooked, put all into a mortar and pound well; add seasoning to taste, and pass all through a wire-sieve. Trim the cutlets neatly; cook them, and press them between two dishes until cold. Mask them on one side with the liver farce; cover each one with a piece of caul; put in the oven to get hot; brush over with glaze. Dish in a circle on spinach or mashed potatoes; pour a little half-glaze round, some macédoine in the centre, and serve.

Cutlets à la Réforme.

Ingredients.

Best end of a neck of Mutton.
 Two lean slices of Ham (chopped fine).
 One Egg.
 Bread-crumbs.
 One Carrot (cut in strips).
 Four Gherkins "
 Four Mushrooms "
 Four Truffles "
 Whites of two Eggs " (previously cooked).

Cut the carrot into strips to cook. Cut the vegetables up neatly, put them in a stewpan, and keep them warm in a bain-marie. Cut the cutlets, trim, mix the ham with the bread-crumb, pepper and salt, egg and bread-crumb them. Fry them a nice brown in about three ounces of butter; arrange them on a dish in a circle. Put the chips of vegetables in the centre of the cutlets, and pour Reform sauce round.

Darioles de Volaille.

(Tartelettes of Chicken.)

Ingredients.

Half a pound of Quenelle Meat.
 Six ounces of the breast of a cooked Chicken.
 Two ounces of lean cooked Ham.
 Six Mushrooms.
 One Truffle.
 One gill of White Sauce.

Cut the chicken into very small pieces. Chop up the mushrooms, truffles, and ham, and stir

into the white sauce. Butter well nine small moulds; line them neatly with the quenelle meat, not leaving a particle uncoated; fill in with the minced chicken; coat them neatly over the top with the quenelle meat. Steam them for twenty minutes; dish in a circle on spinach or mashed potatoes; pour good white sauce over and round, and serve peas or mixed vegetables in the centre.

Mutton Cutlets à la Soubise.

Ingredients.

Best end of a neck of Mutton.

One ounce of Butter.

Pepper and Salt.

Soubise Sauce.

Take the best end of a neck of mutton, saw off the upper rib bones, leaving the bones which will form the cutlets about three inches long; then saw off the spine bone and cut off each cutlet, trim neatly, scraping the meat and fat clean off about half an inch of the top of each bone. Arrange the cutlets neatly round in a sauté-pan, sprinkle over them a little pepper and salt, add an ounce of butter, and cook the cutlets a nice brown on each side. Serve with Soubise sauce in the centre and a good gravy round the cutlets.

Cutlets à la Vénétienne.

Ingredients.

Three pounds of the best end of neck of Mutton.

Six ounces of Quenelle Meat.

Two tablespoonfuls of chopped Tongue.

Two tablespoonfuls of chopped Truffles.

Three-quarters of a pint of good Brown Sauce.

Strips of Tongue, Gherkin, and the White of Egg
to garnish.

Braise and press the mutton. When cold trim into cutlets. Cover one side of each cutlet with quenelle meat, and then dip in chopped tongue and truffles. Put the cutlets in a stewpan, pour in the sauce, cover with a buttered paper, and cook slowly about fifteen minutes. Serve on a border of mashed potatoes, the sauce round, and the garnish in the centre.

Côtelettes de Veau.

Ingredients.

One pound of Veal Cutlets.

Parsley and Thyme.

Lemon-rind.

One ounce of Butter.

One teaspoonful of Lemon-juice.

One Egg.

Pepper and Salt.

Bread-crumbs.

Trim the cutlets into a round shape, and beat them to half an inch in thickness with a cutlet-bat ; chop up the thyme (which, when chopped, should fill a saltspoon), also the parsley. Melt the butter, add to it the chopped parsley, thyme, lemon-juice, and a little grated lemon-rind, one egg, pepper and salt to taste, and beat it all up together with a knife. Dip each cutlet into the plate and cover

them all over with the mixture; then cover them with bread-crumbs and press the crumbs firmly on with a palette-knife. Fry the cutlets for ten minutes; dish in a circle on mashed potatoes, and serve with rolls of bacon in the centre and brown sauce poured round.

Côtelettes de Volaille à la Melba.

Ingredients.

One Surrey Fowl, or Capon.
Two ounces of Butter.
One terrine of Foie Gras, No. 10 or 12.
Some Tomato Chaudfroid Sauce.
Some White Chaudfroid Sauce.
Farce made from trimming of the Chicken.
Cream. Aspic Jelly.

Garnish.

Salade Melba.
Rings and strips of Pimento.
A few Peas.
Green Herb Butter.

Coat some cutlet moulds with aspic jelly, put a strip of pimento down the centre, coat one side with tomato sauce, the other with white sauce.

Cut some neat fillets from the breast of the chicken, fry them in butter, and press till cold; then dip them in aspic and place in the moulds, Braize the remainder of the chicken, then pound and sieve the meat with the foie gras, cream, and some aspic jelly. Fill up the moulds with the farce and put on the ice to set.

SALADE MELBA.

Take six ounces nicely boiled and well dried rice. Mix half this rice with some shredded tomato, pimento and finely chopped tarragon, chervil, parsley, oil, vinegar, lemon-juice, and mignonette pepper. Press into a wet bomb mould. Turn out on a socle of rice made of the other three ounces, dress the fillets up round it, garnish the top with pimento and peas, and pipe between the fillets with green herb butter.

Escallopes de Poulet à la Financière.

Ingredients.

The Legs of a Chicken.

Half a pound of Veal.

Quarter of a pound of fat Bacon.

Two tablespoonfuls of chopped Tongue.

Truffles.

Mushrooms.

Two Eggs.

Nutmeg.

Cayenne and Salt.

Two ounces of Butter.

Three-quarters of a pint of Stock.

SAUCE FOR THE ABOVE.

Ingredients.

One gill of Sherry.

Lemon-juice.

Half a pint of Brown Sauce.

Chopped Truffles.

Coekscombs.

Tongues and Mushrooms.

Bone the legs neatly ; scrape and pound the veal and bacon, and pass through a sieve ; add to this

the two tablespoonfuls of chopped tongue, truffles, and mushrooms, the yolks of two eggs, nutmeg, salt and cayenne ; mix well together, and stuff the legs of the fowl with this, sewing them up neatly. Wrap them up in buttered paper, put them in a stewpan with two ounces of butter and some vegetables, cut up ; then add three-quarters of a pint of brown stock ; put the stewpan in the oven, baste well, and cook gently for one hour. When cooked, cut them in slices half an inch thick, and dish up on spinach. For the sauce : make the half pint of brown sauce, sherry, cayenne, and chopped truffles boil up once, and pour round the chicken, putting cockseombs, truffles, pieces of tongue, and mushrooms in the centre.

Filets de Bœuf à la Béarnaise.

Ingredients.

Two pounds of Fillet of Beef, cut
up into neat round filets.

Two ounces of Glaze.

Two ounces of Butter.

Pepper and Salt.

One gill of Espagnole Sauce.

Fry the filets in butter with the seasoning. When cooked, brush each one over with a little glaze. Dish the filets in a circle on mashed potato or spinach. Serve Béarnaise sauce in the centre, or on each fillet, with some Espagnole poured round.

Filets de Bœuf à la Mirabeau.

Ingredients.

One pound of Fillet of Beef.
Six filleted Anchovies.
Eight or ten turned Olives.
A few sprigs of Watercress.
Maître d'Hôtel Butter.
Three ounces of Butter.
Parsley.
Lemon-juice.
Salt and Pepper.

Broil the fillet nicely, place a pat of Maître d'Hôtel butter on the top, and garnish round with the anchovies, olives, and watercress.

For the Maître d'Hôtel butter, take

Three ounces of Butter.
One dessertspoonful of chopped Parsley.
One teaspoonful of Lemon-juice.
Pepper and Salt.

Work all the ingredients into a pat, and set the mixture in a cool place until wanted.

Filets de Bœuf Piqué à la Flamande.

Trim and lard carefully about three pounds of fillet of beef. Braise until cooked about forty-five minutes. Then cut the fillet in slices and arrange down the centre of the dish. Serve brown sauce round. Garnish with heads of braised lettuce, carrots, and turnips turned into fancy shapes, rings of fried onions and little bits of streaky bacon. The carrots and turnips must be boiled separately.

Filets de Bœuf aux Huîtres.

Ingredients.

One pound of Fillet Steak.
One Spanish Onion.
Two pickled Walnuts.
Two tablespoonfuls of Mushroom Ketchup.
One dessertspoonful of Walnut Ketchup.
One teaspoonful of Worcester Sauce.
One dozen Oysters.
One ounce of Butter.
Half an ounce of Flour.

Mix the butter and flour together in a stewpan ; peel and chop up the onion, cut up the walnuts, put them into the stewpan, also the ketchup and Worcester sauce. Lay the steak on these and let it stew for an hour, turning it every twenty minutes ; *it must not boil*. Just before serving, put in the oysters, bearded, with their liquor strained through a fine strainer.

Filets de Bœuf à la Pompadour.

Ingredients.

Three pounds of Fillet of Beef.
Three Tomatoes.
One ounce of Glaze.
Five ounces of Butter.
Chopped Parsley.
Lemon-juice.
Macédoine.

Trim off all the fat and skin, cut the fillet into neat pieces about half an inch thick. Fry quickly in two ounces of butter. Skin the tomatoes and

cut them into slices, put them on a baking sheet with some pieces of fat cut into rounds, and bake for three or four minutes. Dish the fillets in a circle on mashed potato, put a piece of fat and tomato on each fillet, also a small pat of Maître d'Hôtel butter, made of three ounces of butter, chopped parsley, and lemon-juice mixed; pour some half-glaze round, and put some macédoine in the centre of the fillets.

Filets de Bœuf à la Régence.

Ingredients.

Four pounds of Fillet of Beef.
Two quarts of Stock, and one pint
of White Stock.
Twelve Mushrooms.
Ten small heads of Celery, or
some Tomatoes.
One ounce of Butter.
Salt and Pepper.
Carrots.
Turnips.
Onions.
Larding Bacon.

Take a nice tender fillet of beef, trim it and lard it, put it in a stewpan on a bed of carrots, turnips and onions cut up small; pour half a pint of stock over it, put the lid on, and let it cook for about twenty minutes. Butter some kitchen paper, and cover the steak over with it, add two quarts of stock, a little pepper and salt, and put the stewpan in the oven for about an

hour and a half, basting it occasionally over the paper. Take out the fillet and strain, and reduce the stock to pour over the beef when dished up. Cook the mushrooms in the butter, cut the heads of celery into lengths of four inches, braise them in the white stock till quite tender. Put the fillet of beef at one end of the dish, and pour the reduced stock over it; and, at the other end of the dish, put the celery and mushrooms. Serve very hot.

Filets de Bœuf à la Russe.

Ingredients.

One pound Fillet of Beef.
One gill of Glaze.
Grated Horse-radish.
Twenty-four Button Onions.
One ounce of Butter.
Pepper and Salt.

Cut the beef into neat fillets, cook them on a gridiron, sprinkling a little pepper and salt on each fillet. When cooked, glaze them nicely and dish them up round mashed potato, putting a small piece of cooked fat on each fillet, and some grated horse-radish. Fry the onions in the butter put them in the centre of the fillets, pour round some good gravy, and serve very hot.

Filets de Faisan Farcis aux Epinards.

Ingredients.

A young Pheasant.

Half a pound of Ham.

One large Truffle, sliced.

One ounce of Butter.

Two Chicken's Livers, cooked.

One and a half gills of White Wine.

One pint of Stock.

Potato Purée.

Spinach Purée.

Half a pound of raw or cooked Rabbit meat.

Quarter of a pound of Beef Tongue cut into strips.

Four preserved Mushrooms, diced.

A mirepoix (consisting of Bacon, Onion, Carrot, Bouquet Garni, etc.).

One gill of Tomato Sauce.

Seasoning.

Panurette.

Pick, singe, and bone the pheasant in the same manner that a fowl is boned for galantine. Prepare a nice farce by pounding the rabbit-meat, the ham, and chicken's livers; when fine, add the yolks of eggs (these may be hard-boiled if liked), and white sauce or cream sufficient to form the necessary consistency of the farce. Season with pepper, salt, and aromatic spice. Mix well, and rub through a wire sieve; put it into a basin, and work in the mushrooms and truffle. Lay out the boned pheasant on to a board skin downwards, spread the forcemeat evenly on the meat, put the strips of tongue evenly divided on the farce, etc., roll up carefully, cover with greased paper, and tie in muslin.

Chop the carcase of the bird rather coarsely, and put it in a sauté-pan with the butter and the mirepoix ; fry it a little over a quick fire, and stir a few minutes longer to blend the whole. Lay the stuffed pheasant on this ; allow the surface to take colour ; moisten with the stock and wine ; cover with buttered paper, and let it braise gently in a moderate oven for about an hour. When done, untie, glaze over the top with meat glaze, and keep hot. Remove the fat from the mirepoix and liquor, add the tomato sauce, boil for a few minutes, then strain, and reduce to a nice consistency.

Butter a border mould, sprinkle with panurette, and fill up with potato purée, enriched with one or two yolks of eggs ; bake in a hot oven for ten minutes or so, and turn out on a hot dish. Have ready and hot the spinach purée, well seasoned and richly flavoured. Cut the pheasant into slices about a quarter of an inch thick, arrange these neatly on the prepared border, dress the spinach in the centre. Sauce over the slices with a little of the tomato sauce, and serve the remainder in a sauce-boat.

Filets de Lièvre à la Montpensier.

Ingredients.

A Hare.

Two ounces of Butter.

A bunch of Basil, Thyme and Parsley.

A few Mushrooms.
 A teaspoonful each of Red Currant
 Jelly and Chutney.
 Salt, Cayenne, and Lemon-juice.
 Pig's Caul.
 One Egg.
 Bread-crumbs.

Cut the meat out of the back of a hare on each side of the bone, cut this into neat fillets about an eighth of an inch thick, smooth them out with a wet knife, and trim them neatly. Put the butter, herbs, parsley, mushrooms, red currant jelly, chutney, salt, cayenne and lemon-juice into a saucepan, and cook a little; lay the fillets in this mixture to get nicely seasoned, cover each fillet with a small piece of pig's caul, egg and bread-crumbs, and fry in boiling fat for seven or eight minutes; dish up on a border of hare farce, fill in the centre with strips of tomatoes and mushrooms. Make a sauce as follows:—

Ingredients.

Two ounces of trimmings of the Hare.
 One ounce of Glaze.
 Two ounces of Butter.
 One ounce of Flour.
 One pint of Stock.
 One gill of Claret or Port.
 Bayleaf, Thyme, Marjoram, Parsley.
 One Clove of Garlic.
 Three Mushrooms.
 A teaspoonful of Red Currant Jelly.

Cook all these ingredients together until reduced to half the quantity, stir well, and skim well; pass through a tammy, let it boil up again, skim if necessary, and pour over the hare.

Filets de Lièvre à la St. Stephens.

Ingredients.

One Hare.
Half pint of Stock.
One Carrot.
One Onion.
Four Cloves.
Bouquet Garni.
Larding Bacon.
One Orange and
One ounce of dried Cherries to
dish up with.

Cut as many nice fillets off the hare as you can, lard them and braise them in the stock, vegetables, cloves and bouquet garni, watch them and baste them; when the bacon they are larded with turns a pale brown, the fillets are ready to serve. While the fillets are cooking, make some quenelle meat (see Quenelles, p. 129) of these ingredients.

The Meat of the Hare that is left after the
Fillets are cut.
Two Eggs.
One gill of Brown Sauce.
Two ounces of fat Bacon.
Pepper, Salt, a little Nutmeg.
A teaspoonful of chopped Mushrooms.
One ounce of Butter.
Two ounces of Flour.

When all this is made into quenelle meat and passed through a wire sieve, butter some small moulds, fill them in with the quenelle meat and steam them twenty minutes.

SAUCE FOR THE ABOVE.

Ingredients.

Bones of the Hare.
Two ounces of Butter.
A Bayleaf.
A Clove of Garlic.
Thyme.
One ounce of Flour.
One Orange.
Stock the Fillets were cooked in.
Half pint of Claret.
A teaspoonful of Red Currant Jelly.
Salt, Lemon-juice, Cayenne.

Chop up the bones of the hare, fry them in the butter with the bayleaf, thyme, garlic, and flour; then add the stock, jelly, claret, the juice and rind of one orange, a few drops of lemon-juice, salt and cayenne. Let this all boil for twenty minutes. To dish up the hare, turn out the moulds of quenelle meat, and place them in a circle on a dish; lay the fillets on the top with thin slices of orange in between each fillet; boil one ounce of dried cherries for five minutes in a little claret, take them out and place them in the centre of the fillets; strain the sauce and pour it over the hare.

Filets de Veau à la Talleyrand.*Ingredients.*

One pound of Fillet of Veal.
Four Mushrooms.
Two Shalots.
One tablespoonful of finely-chopped Parsley.

One gill of White Sauce.
Yolks of two Eggs.
One ounce of Butter.
Lemon-juice.

Cut and trim the fillets neatly into round pieces; they should be all the same size; place them in a frying-pan with the ounce of butter and fry them, but do not let them brown; have ready the chopped mushrooms and shalots. Add to the fillets the white sauce, stew them in it for thirty minutes. Add the yolks of egg, and, lastly, the finely-chopped parsley and some lemon-juice, stirring well all the time, until the sauce is thick. Dish in a circle on mashed potato, and pour the sauce over and round.

Fricandeau de Veau.

Ingredients.

Three pounds of Cushion of Veal.
Larding Bacon.
Stock.
One Carrot.
Streaky Bacon.
One Onion.
Three sticks of Celery.
Bouquet of Herbs.

Pare off the skin, and trim the veal into an oval shape; lard this neatly and closely with larding bacon; put it into a stewpan on a mirepoix, that is, a bed of carrot, onion, bacon, and celery all cut up; the herbs tied together, and sufficient stock to well moisten the veal; cover it over with

buttered paper, and stew slowly for about an hour and a half; baste it about every ten minutes. When done, place the veal on a baking sheet in the oven for about five minutes to glaze the bacon. Strain the stock, free it from grease, boil it down to half-glaze. Remove the veal from the oven, glaze it nicely, and serve it on a bed of spinach or sorrel, and pour the half-glaze round. A fricandeau may be served with tomato sauce or macédoine of vegetables, instead of spinach, etc.

Fricassée de Poulet.

Ingredients.

One Chicken.
One Carrot.
Half an Onion.
One stick of Celery.
Parsley.
One sprig of Thyme.
One Bayleaf.
Two Cloves.
Six Peppercorns.
One blade of Mace.
One pint and a half of Second White Stock.
One ounce and a half of Butter.
One ounce and a half of Flour.
One teaspoonful of Lemon-juice.
Eighteen Button Mushrooms.
One gill of Cream.
Fleurons for garnish.

Truss the chicken the same as for boiling; put it in a stewpan with enough boiling water to cover. Boil up and remove the scum. Add the carrot, cut

in slices, the onion, thyme, bayleaf, celery, parsley, cloves, peppercorns, mace, and the stock, and boil gently for about an hour, or till the fowl is quite done, then take it up and cut it into neat joints. Meanwhile prepare the sauce. Put the butter and flour into a stewpan, and mix well together. Add the stalks and trimmings of the mushrooms and the chicken stock, first taking off the grease; stir till it boils, and let it boil gently for twenty minutes, with the lid half on; then skim off the butter which has risen to the top, and let it reduce to one pint. Flavour with lemon-juice. Add the cream, put the mushrooms and the pieces of chicken into a stewpan, tammy or strain the sauce over them, and, when quite hot, garnish with fleurons of puff paste.

Game Pie.

Ingredients.

- One and a half pound of Flour.
- One and a half gill of Milk.
- Six ounces of Butter.
- The Yolk of an Egg.
- Pepper, Salt, Cayenne and Nutmeg.
- One pound of Veal.
- One pound of fresh Pork.
- Game of all kinds—Pigeons, Pheasant, Grouse,
Chicken, Larks, Quails—a little of each.
- Quarter of a pound of Ham, Liver Farce or
Foie-gras.
- A tablespoonful of chopped Mushrooms.
- A tablespoonful of chopped Truffles.

A teaspoonful of chopped Parsley and Pistachios.

Half a pint of good Stock.

Chopped Aspic.

Make a paste of the flour, mixing the butter and milk into it hot, add the yolk of egg, a little salt, mix and knead well. Line a raised pie-tin with this paste about a quarter of an inch thick. Mince the veal and pork together; season with salt, pepper, cayenne and nutmeg; place this mince all round the mould inside the paste; fill in the centre with fillets of pigeon, pheasant, grouse, chicken, strips of ham, and the larks and quails stuffed with liver farce or foie-gras; sprinkle over the chopped mushrooms, truffles, pistachios and parsley, a little pepper and salt; cover over with some of the mince, wet the paste round and lay on the top cover, close it well round the edge, trim it, and work up the trimmings of paste to make an ornament for the top. Tie a band of buttered paper round the mould about three inches above the top, and bake in a steady oven for three hours. When the pie is nearly cold move the top ornament of paste, and pour in about half a pint of good stock, not too liquid or it will soak through the paste, replace the ornament, and when quite cold, dish up the pie, garnished with chopped aspic.

Galantine of Fowl.

Ingredients.

One Fowl.

Pepper, Salt, Aromatic Spice.

Sausage Meat, about one pound.
A little Tongue or Ham.
Truffles and Pistachios.
One hard-boiled Egg.
One pint of Stock.
A little Glaze.
Some chopped Aspic Jelly.

Bone a large fowl, draw the skin of the legs and wings inside, spread out the fowl flat on the table, season with pepper, salt, and a little aromatic spice. Spread a layer of sausage meat an inch thick upon the fowl, add some long stripes of tongue or ham, some good black truffles, a few Pistachio nuts and some stripes of hard-boiled egg; put a thin layer of sausage meat over all this, fold the fowl over both sides, roll it in a clean cloth, fasten the ends very tightly with string, braise it in some good stock for an hour and a half to two hours, according to the size of the fowl. When cooked and nearly cold, remove the cloth, as it always becomes loose, tie it up again tightly at both ends as before, press it between two dishes with weights on the top: when cold remove the cloth, glaze it all over, and garnish with chopped aspic jelly.

Gibelotte de Lapin.

Ingredients.

One Rabbit.
Two ounces of Butter.
One Onion.

Two Shalots.
One clove of Garlic.
One pint Poivrade Sauce.

Cut the rabbit in pieces; fry, or sauté it in the butter: add the shalot, onion, and the brown sauce; put it in the oven for one hour, being careful it does not burn. Twelve small new potatoes, previously cooked, may be added to this, or pieces of cauliflower or croûtons of fried bread.

Grenadins de Veau.

Ingredients.

One pound of fillet of Veal.
Larding Bacon.
Half a pint of Second Stock.
Some Carrots, Turnips, Onion and Celery.
A bunch of Herbs.

Cut the veal into neat plump fillets, and lard each; put them in a stewpan with a layer of carrots, turnips, onion, celery and herbs (mirepoix) at the bottom, placing the grenadines on the vegetables; cover them over with a buttered paper. Braise them thus for about twenty-five minutes, basting while cooking. When cooked, take out the grenadines and glaze them. Strain the stock, and reduce it well. Dish up the grenadines in a circle on mashed potato, pour the essence over, and serve some nicely-cooked vegetables, macédoine, peas, etc., in the centre.

Grilled Steak à la Maître d'Hôtel.

Ingredients.

Half a pound of Rump Steak.
Half an ounce of Butter.
One teaspoonful of Lemon-juice.
One dessertspoonful of chopped Parsley.
Salt and Pepper.

Have a bright hot fire, place the gridiron over the fire to warm ; grease the bars with a piece of fat, and lay the steak on it, let it cook for ten or fifteen minutes, turning it by sticking a fork into the fat, not into the meat. Mix the butter, parsley, lemon-juice, salt and pepper on a plate, into a little pat of green butter. When the steak is cooked put it on to a hot dish, and spread this pat of green butter over it.

Jugged Hare.

Ingredients.

One Hare.
One Carrot.
One Onion.
One Turnip.
A bunch of Sweet Herbs.
Quarter pound of Butter.
Three ounces of Flour.
One pint of Stock.
One glass of Port Wine or Claret.
One tablespoonful of Red Currant Jelly.

Cut up the onion, carrot, and turnip and fry them in the butter in a stewpan with the herbs.

Joint the hare into neat pieces and add it to the vegetables, and let it simmer gently for half an hour; then mix the flour into a thin paste with a little of the stock, stir it to the hare, add the rest of the stock, and cook slowly for one hour. Just before dishing up add the port wine and red currant jelly. Dish the hare up neatly, strain the sauce over it: add forcemeat balls if liked.

Forcemeat Balls.

Ingredients.

Two ounces of Beef Suet.

Three ounces of Bread-crumbs.

One teaspoonful of chopped Parsley.

Quarter teaspoonful of chopped Thyme and Marjoram.

Half teaspoonful of grated Lemon-rind and Nutmeg.

One Egg.

Pepper and Salt.

Chop the suet finely, mix all these ingredients well together, roll them up into small balls. Poach them in boiling water for a few minutes and they are ready to serve.

Kromeskis à la Russe.

Make some mixture as for Darioles (page 90), and set by to get quite cold. When cold make it up into small rissoles, like a cork, and roll each in a piece of fat bacon or ham, and dip into batter and fry a nice light brown. Serve with fried parsley on a napkin.

YEAST BATTER FOR KROMESKIS.

Ingredients.

Quarter of a pound of Flour.
 Quarter of an ounce of Yeast.
 One gill of Milk.
 Castor Sugar.
 One Yolk of an Egg.

Cream the yeast and sugar together. Warm the milk and add it. Add the yolk of an egg to the flour, then strain the yeast to it. Mix well and allow to rise an hour and a half.

Mauviettes en Caisse à la
Lucullus.*Ingredients.*

Larks, according to number wanted.
 Half a pound of Calf's Liver.
 Quarter of a pound of Bacon.
 Two Shalots.
 One clove of Garlic.
 Twelve whole Peppers.
 Six Cloves.
 Two Bay-leaves.
 A little Parsley.
 Marjoram.
 Thyme.
 Salt.
 Six Truffles, chopped fine.
 Three hard-boiled Eggs (yolks).

First bone the larks, being careful not to break them. Then cut the bacon into small pieces, put it in a sauté-pan with the shalot, garlic, and flavouring: let it fry until brown; add the liver cut in

pieces, and cook over the fire until brown, but not too much cooked. Put the contents of the sauté-pan into a mortar and pound it, then pass it through a wire sieve, return again to the mortar, and add the yolks of egg. When well mixed, add the truffles, and stuff each lark to resemble its natural shape. Oil some paper cases, and put each lark in a case. Brush over with salad oil and put in the oven until they are just cooked.

Put the bones of the larks, half a pint of good stock, and one glass of Marsala, into a stewpan, and reduce it all to one gill. When the larks are cooked, put a spoonful of this sauce over each.

Mauviettes à la Chipolata.

Ingredients.

Eight or ten Larks.

Two Sausages.

Liver Farce.

Half a pint of Stock.

A few Vegetables.

Bone the larks and stuff them with liver farce ; roll each lark up in a piece of muslin, and braise them in half a pint of stock and a few vegetables. When cooked press them lightly between two dishes till nearly cold. Dish the larks up on a bed of mashed lentils. Garnish the larks with the sausages thus : braise the sausages in second stock for about half an hour, then glaze them cut them in slices and glaze again lightly, place

one slice on the top of each lark. Put a few finely-shredded vegetables in the centre of the dish, as much white vegetable as possible.

SAUCE FOR THE ABOVE.

Ingredients.

Half a pint of Brown Sauce.
Half a pint of Tomato Sauce.
Half a gill of Sherry.
The Bones of the Larks.
A few drops of Lemon-juice.

Boil the brown sauce, tomato sauce, sherry, and bones of the larks all together until reduced to half a pint; add a few drops of lemon-juice, strain through a tammy-cloth and pour over and round the larks.

Mayonnaise aux Huitres.

Ingredients.

Native Oysters, number as required.
Mayonnaise Sauce.
Mustard and Cress.

The shells of the oysters must be well washed; in the deep shell put a little mayonnaise sauce, sprinkle a little mustard and cress on it, and lay the oyster on the salad, leaving the beards on.

Mayonnaise de Volaille.

Ingredients.

A cold boiled Fowl.
Oil, Vinegar, Pepper and Salt.
Mayonnaise Sauce.
Salad, Cucumber, Tarragon, Chervil.
Chopped Aspic Jelly.

Remove the skin and bones from the fowl, and cut it up into small joints, steep them for fifteen minutes in a marinade made with oil, vinegar, pepper, and salt. Then drain them quite dry on a cloth, mask them all over very smoothly with some mayonnaise sauce stiffened with a little aspic jelly. Dish up these pieces of fowl on a thick bed of well-seasoned salad, shred finely and arrange in a pyramid form. Garnish the base with chopped aspic jelly, neatly cut cucumber, and the top with sprigs of tarragon and chervil.

Minced Veal.

Ingredients.

One pound Minced Veal.
One tablespoonful of Mushroom Ketchup.
The grated peel of half a Lemon.
One teaspoonful of Cayenne Sauce.
One blade of Mace.
Half pint of Stock.
Two dozen of Oysters.
Sippets of Toast.

Mince the veal and make it hot in the stock with the ketchup, cayenne sauce, lemon peel, and

mace. When thoroughly hot, take out the mace ; scald the oysters in their own liquor, taking off the beards ; put the mince on a hot dish, the oysters in the centre, and the sippets of toast round.

Mousses de Faisan.

Ingredients.

Six ounces of Pheasant.
One ounce of Butter.
One gill of Cream.
One gill of stiff White Sauce.
Three Eggs.
One tablespoonful of Sherry.
Salt and Pepper.

Take six ounces of the white meat of a pheasant, and pound it in a mortar with one gill of good white sauce, one ounce of butter, three eggs, and a little pepper and salt. When well mixed and pounded, rub this mixture through a hair-sieve, and stir in the tablespoonful of sherry and the gill of cream whipped. Butter some small moulds and decorate them with strips of tongue or of chillies ; fill the mould with the pheasant mixture and steam steadily, not too fast, for twenty minutes. Pour some sauce, made from the bones and trimmings of the pheasant, round and serve very hot. The sauce must boil till quite clear.

Noisette de Mouton.

Ingredients.

A Loin or Neck of Mutton.
Fresh Mushrooms.
Fresh Tomatoes.
Glaze.
Butter.
Parsley.

Remove the fillet from a loin or a neck of mutton, cut it into neat fillets crossways about half an inch thick; bat out these fillets and season them with fresh mushrooms chopped finely, and pepper and salt; place them in a buttered pan, and cook over a quick fire. Cook some chopped mushrooms in a little glaze, spread this mixture on a plate and cut out in neat squares, place one square on each fillet of mutton; dish the fillets up on a large croûton of fried bread down the middle of the dish, and lay slices of warm tomatoes down each side of the croûton with a small piece of Maître d'Hôtel butter upon each one. Serve with good suprême or good brown sauce, round.

Noisettes de Pré Salé à la Souvaroff.

Ingredients.

Two pounds of small Loin of Mutton.
Two ounces of clarified Butter.
Two sliced Truffles.

One and a half gill of good Espagnole Sauce.
 One small glass of Burgundy.
 Cayenne.
 A few fresh Button Mushrooms.

Bone the loin, reserve the fillet for some other dish. Cut the thick part of the loin in slices to somewhat resemble cutlets and trim off the ends. Cook in hot clarified butter. Boil down the wine; add the sauce, and a little cayenne. Dish the noisettes neatly. Garnish with the truffles and mushrooms, and pour the sauce round.

Noix de Bœuf à la Chipolata.

Ingredients.

One gill of Claret.
 Quarter of a pint of Water.
 One small Onion.
 Quarter of a small Carrot.
 Twenty Peppercorns.
 One Bayleaf.
 Two pounds of Fillet of Beef.
 Half a pint of Brown Sauce.
 Twelve Button Onions.
 Two ounces of Sausage Meat.
 Six Chestnuts.

Trim the fillet of beef, tie it up carefully and put it into an earthen pan. Boil the claret, water, onion, carrot, bayleaf, and peppercorns together, and when the mixture is cold pour it over the beef and allow it to stand two days. Then braise the beef as usual for about forty-five minutes, and when cooked cut it into slices. Arrange these

slices up the centre of the dish and pour brown sauce round. To garnish the entrée have the onions fried brown in butter, the sausage meat rolled in little pieces and cooked in the oven, and the chestnuts boiled tender in stock. Mix these together and serve in groups round the beef.

Ox Palates à la Financière.

Ingredients.

Six Ox Palates.
One Carrot.
One Onion.
One stick of Celery.
A faggot of Parsley.
Six Cloves.
A blade of Mace.
Six Peppercorns.
A clove of Garlic.
Salt.
Two quarts of Stock.
Quenelle Meat and fine Herbs.
Financière Ragoût.
Financière Sauce.

Soak the palates in water with a good handful of salt for several hours, cleaning them well; then parboil them in salt and water until the hard skin can be easily scraped off. When thoroughly clean put them on to cook in the stock with the onion, carrot, celery, parsley, cloves, mace, garlic, peppercorns, and some salt; let them boil gently till quite tender, about four hours. Then press them between two dishes till cold; when cold cut them into pieces

two inches wide and three inches long ; spread each of these with a thin layer of quenelle meat in which some fine herbs have been mixed ; each scollop must be rolled up tightly in a piece of buttered writing paper and placed in a sauté-pan ; simmer these for about twenty minutes in some of the stock in which the palates were cooked. Take them out of the papers, trim the ends off neatly, roll them in some half-glaze made by reducing some of the stock, dish them up in a conical form with Financière ragoût in the centre, and Financière sauce poured over the entrée.

Compôte de Pigeons.

Ingredients.

Three Pigeons.
Quarter of a pound of Bacon.
One small Carrot.
One small Turnip.
Two sticks of Celery.
One small Shalot.
Six Mushrooms.
Bouquet Garni.
One pint of Brown Stock.
Seasoning.
One tablespoonful of Flour.

Cut the bacon into neat pieces and fry for five minutes. Cut the pigeons in half, truss each half as neatly as possible, and then fry them a nice brown on both sides ; add the vegetables and stock, and simmer gently for one hour. Mix in

a basin a tablespoonful of flour, pepper, and salt, and add a gill of the stock; half an hour before serving add the flour, etc., to the pigeons, and stir till it boils up and thickens. When cooked, dish the pigeons in a circle on mashed potatoes: strain the gravy round and over them, and put some peas or spinach in the centre.

Pigeons de Bordeaux à la Bourgeoise.

Ingredients.

Two Bordeaux Pigeons.

Half pint of Brown Sauce.

Six stoned Olives.

Six pieces of Carrot turned in the shape of an olive.

Six pieces of Turnip turned in the shape of an olive.

Six Mushrooms.

Eight small Quenelles shaped in teaspoons.

Eight or ten croûtons of fried Bread.

Truss the pigeons for boiling and braise them for about forty-five minutes. Then cut them into about four pieces; arrange neatly on a dish; pour the sauce over and round. Place the pieces of carrot and turnip, the olives, mushrooms, and quenelles here and there as garnish, and stand the croûtons round the base of the entrée. The pieces of carrot and turnip must be boiled separately.

Pigeons à la Duchesse.

Ingredients.

Three Pigeons.

Quarter of a pound of Quenelle Meat.

Egg and Bread-crumbs.

Half a pint of Brown Sauce.

Macédoine of Vegetables to garnish.

Split the pigeons in halves, remove the breast-bone and beat them flat. Sauté them with two ounces of butter, pepper, and salt. Then press them flat. When the pigeons are cold, spread the quenelle meat over the cut side of the birds. Then egg, crumb, and fry in fat. Dish in a circle, brown sauce round and macédoine in centre.

Pigeons à la Financière.

Ingredients.

Four Pigeons.

One pint of good Stock.

A block of fried Bread.

One ounce of Glaze.

Half a pint of Financière Sauce.

Small Quenelles.

Mushrooms.

Truffles.

Cockscombs.

Truss and braise the pigeons in the stock. When done, glaze them. Dish them up against the block of fried bread. Pour the sauce round

the entrée, and place the garnish of quenelles, mushrooms, truffles, and cockscombs in the centre.

Pigeons à la Mazarin.

Ingredients.

Three Pigeons.
Half a pound of Sausage Meat.
One pint of Stock.
One small Onion.
One small Carrot.
One Turnip.
One Egg.
Bread-crumbs.
Half a pint of Tomato Sauce.
Green Peas to garnish.

Split the pigeons, take out the breast-bone, and braise them with the stock and vegetables for half an hour. Then press them flat. When the birds are cold, spread the sausage meat over the cut side of each. Then egg and crumb and fry in fat. Dish in a circle, tomato sauce round and peas in the centre.

Poulet Frit à la Villeroi.

Ingredients.

One Fowl.
One pint of Stock.
Two ounces of Butter.
One and a half ounce of Flour.

One glass of White Wine.

Lemon-juice.

Breadcrumbs.

Frying Fat.

A mirepoix, consisting of Bacon, Carrot, Onion,
Bayleaf, two Cloves, and Savoury Herbs.

Three yolks of Eggs.

One whole Egg.

Seasoning.

Truss the fowl as for braising, place it on a bed of vegetables and bacon (mirepoix), with an ounce of butter in a stewpan (braisoire), and let the surface of the fowl get nicely browned over a bright fire. Moisten with stock, season with pepper and salt, cover, and place in the oven for about half an hour. Baste occasionally.

Take up the fowl, untruss, and cut it into neat joints. Put the carcase into the stewpan in which the fowl has been cooking, first removing the fat. Add the wine, and boil up. Strain and reduce the stock a little. Cook the flour in the remainder of butter (one ounce), but do not allow it to get brown; stir in the stock; add the juice of half a lemon, and let it reduce to a moderate consistency (the sauce must boil for at least ten minutes). Stir in the yolks of eggs, and let them bind. Dip the pieces of fowl in this sauce after it has cooled, cover each piece completely, and put them on a dish. When set, brush over with beaten egg, roll in breadcrumbs, fry in hot fat a golden colour, drain, dish up, and garnish with fried parsley.

Poulet à la Jeannette.

Ingredients.

Soufflé de Volaille (half quantity, see page 135).

One pint of Aspic Jelly.

Truffle and Chervil for decorating.

One tin of Muscatel Grapes.

Vinaigrette Sauce.

Chopped Tarragon.

Let the chicken soufflé get cold, and cut it out into small oval shapes with a cutter. Decorate a border mould with aspic jelly, truffle, and chervil. Arrange the shapes of chicken soufflé neatly in the border, cover with aspic jelly and set. Remove the pips from the grapes, toss them in the vinaigrette sauce. Turn out the border, put the grape salad in the centre, sprinkle with chopped tarragon, and put fancifully cut pieces of aspic jelly round.

Note.—If fresh grapes are used they must be skinned.

Poulet à la Princesse.

Ingredients.

A Chicken.

Carrots.

Onions.

Bunch of Herbs.

Four ounces of Flour.

Three-quarters of a pint of Liqueur.

Three yolks of Eggs.

Quarter of a pint of Double Cream.
 Six ounces of Butter.
 Pepper, Salt, and Nutmeg.
 Asparagus Heads.

Choose a nice white chicken, tie up the legs, and put it in a casserole with some water, salt, carrots, onions, and a bunch of herbs, and let it cook for about one hour. Then make a sauce with four ounces of flour, four ounces of butter, three-quarters of a pint of the liquor in which the chicken is cooked, pepper, and nutmeg, and let this cook for fifteen minutes. Next add the yolks of three beaten up eggs, and a quarter of a pint of double cream. Put this mixture through a sieve, adding two ounces of good butter, and work it till smooth. Drain the chicken, and serve on a croute of fried bread, pour the sauce round, and garnish the sides with heads of green asparagus. Serve the rest of the sauce in a sauce tureen.

Cailles à la Lucullus.

Ingredients.

Six or eight Quails, boned, which must be very carefully done.
 Twelve Livers from Game or Chicken.
 Three ounces of Bacon.
 One Shalot.
 Small Bouquet Garni.
 Twelve Peppercorns.
 Six Cloves.
 Pepper and Salt.
 Three Truffles.

Cut up the bacon and put it in a sauté-pan; let it cook for a few minutes, then add the livers, shalot, white peppers, cloves, and bouquet. Let this all cook carefully; pound all in the mortar, pass through a hair-sieve, then add the chopped truffles. Stuff each quail into shape, butter some paper cases, called "Quail cases," or oil them, put the quail into the case, a few drops of salad oil on each, when they should be put in the oven for about ten minutes.

SAUCE.

Ingredients.

One gill of Brown Sauce.

One tablespoonful of Glaze.

Two tablespoonfuls of chopped Truffles.

Half gill of Sherry.

Put the bones of the quails in a stewpan, add the glaze and brown sauce; let this boil to extract the flavour from the bones, strain, and add the truffles and the sherry; put about one tablespoonful of this sauce over each quail when they are taken from the oven, after very carefully draining off all grease from the quails. Serve them in the cases.

Cailles Poelées à l'Anglaise.

Ingredients.

Six Quails.

Two ounces of Butter.

Salt, Pepper, and Nutmeg.

Parsley.

Three or four Chicken Livers.
 One gill of Demi-glacé or Madère Sauce.
 One gill of Milk.
 A handful of Breadcrumbs.
 Two yolks of Eggs.
 One Shalot.
 About six slices of Bacon.

Prepare the quails as for stuffing. Put the milk in a stewpan, add half an ounce of butter, a small bayleaf, salt, pepper, and a little grated nutmeg; when boiling stir in the breadcrumbs (about a handful). Simmer for ten minutes. Remove the bayleaf, and stir in the yolks of eggs. Cut up the chicken livers small, sauté them in butter in which a finely chopped shalot has been blended; season with pepper, salt, and aromatics, and rub the liver, etc., through a sieve. Mix the purée with the breadcrumbs, etc., and stuff the birds with this. Wrap each quail in a thin slice of bacon, place them in an earthenware pan (casserole) with the remainder of the butter, and cook over a slow fire for half an hour. Pour off the fat and finish cooking in the sauce (demi-glacé or Madeira).

Quenelles of Veal.

Ingredients.

One pound of Fillet of Veal.
 One ounce of Butter.
 Two ounces of Flour.
 Quarter pint of Second White Stock.
 Two Eggs.
 About a quarter of a gill of Cream.
 Salt.

Mix one ounce of butter and two ounces of flour together in a stewpan, add one gill of stock, and cook these well together until quite thick and the mixture or panada leaves the sides of the stewpan quite clean, then put it on a plate to cool. Cut up the veal into small pieces, removing all the fat and skin, pound it in a mortar with the panada, put half of it into the mortar with one egg (raw) and pound it to a cream, then half the veal, pepper and salt, and pound these well together; now add the rest of the panada, the veal, pepper and salt, the other egg, the cream, and again pound all well together and rub through a wire-sieve; put this quenelle mixture into a basin. Butter a sauté-pan, shape the mixture into quenelles with two dessertspoons and a knife, thus: dip a dessertspoon into hot water, fill it with the mixture, shape it oval with a knife dipped in hot water; take another dessertspoon, dip it in hot water, scoop the mixture from the first spoon into the second and place it carefully into the sauté-pan, and so on; arrange the quenelles in the sauté-pan, pour boiling water carefully into it, and poach them for ten minutes. Turn the quenelles carefully with a spoon, and when thoroughly cooked lift them out of the water, drain them on a clean cloth, arrange them tastily in a circle on a hot dish, pour white sauce over them, filling in the centre of the dish with button mushrooms cooked in stock, or peas, or spinach.

Ris de Veau à l'Italienne.

Ingredients.

One heart Sweetbread.
One Carrot.
One Turnip.
One Onion.
One pint of Second Stock.
Larding Bacon.
Fried block of Bread.
Half a pint of Italienne Sauce.
Twelve small Quenelles.
One gill of Mushrooms.

Steep the sweetbread in water for an hour. Then blanch it and press it slightly between two dishes. When cold, cut away the sinewy fat and lard it. Place the sweetbread in a stewpan with the vegetables and stock, cover with buttered paper, and braise carefully for twenty or thirty minutes. Then take it out of the stewpan, place it on a baking sheet, baste it well with its own liquor, and put it in the oven to brown. Serve on the block of fried bread, sauce round, and garnish with the quenelles and mushrooms.

Ris de Veau à la Suprême.

Ingredients.

Two heart Sweetbreads.
Half a pint of Button Mushrooms.
One quart of Chicken or Veal Stock.
Lemon-juice.

Nutmeg.
Seasoning.
Half a pint of Cream.
Vegetables.

Well wash the sweetbreads and cover them with cold water, add one tablespoonful of salt, and put them on the fire to boil for ten minutes. Wash them again in cold water, and press them under a weight until cold; then take out the gristle, put them in a stewpan, and cover them with stock in which is a little vegetable, carrot, celery, onion, and small bouquet garni. Cover with a buttered paper and simmer gently about three-quarters of an hour; prepare the mushrooms, and with the trimmings of the mushrooms, the butter, flour, and stock, make a sauce, and let it well boil, then add the cream, lemon-juice, and seasoning. Strain the sauce and add mushrooms. Dish the sweetbreads on a croustade of fried bread, and cover with the sauce. An addition of green peas or haricots verts is an improvement, and the sweetbreads may be first larded with bacon or truffles. If larded they must be glazed with a little of the stock they were cooked in, and the sauce poured round, not over them.

Rôgnons à l'Epicurienne.

Ingredients.

Four Sheep's Kidneys.
Two ounces of Butter.
Half a pound of Quenelle Meat.

One teaspoonful of chopped Onion.
One teaspoonful of chopped Mushrooms.
Salt and Pepper.
Lemon-juice.
Half a pint of Brown Italian Sauce.
Small Quenelles or Mushrooms to garnish.

Split the kidneys, remove the white skin, and sauté them with the butter, onion, mushrooms, lemon-juice, and a little pepper and salt. Butter eight small oval moulds, and line them with the quenelle meat. Place half a kidney in each, and steam slowly for twenty minutes. Turn out carefully. Pour the Italian sauce over, and garnish with the quenelles or mushrooms.

Rôgnons aux Croûtes.

Ingredients.

Four Kidneys.
Two ounces of Butter.
Two ounces of chopped Ham.
One tablespoonful of chopped Parsley.
Half pint of good Stock.
Fried Bread.
Salt.
Bacon.

Skin the kidneys and cut them open, put them in a stewpan with the butter, ham, parsley, stock, and a little salt. Let them cook for five minutes, then dish them up on rounds of fried bread; reduce the gravy to one gill, strain it and pour it over them, serve with some nice little pieces of fried bacon round.

Croquettes à la Victoria.

Ingredients.

One gill of Supreme Sauce.
Half a Chicken, minced.
Half a Sweetbread „
Six Truffles „
Six Mushrooms „
Three Eggs.

Mix all this into the sauce; stir in, when over the fire, the yolks of three eggs. Let this thicken, pour out on a dish, and when cold make up into croquet shapes. Egg and bread-crumb, and fry them a nice brown in boiling lard or fat. These should be dished on a napkin, served with parsley fried; or they can be made into cutlet shape, and served with brown sauce, and peas or macédoine in the centre.

Soufflé de Perdrix.

Ingredients.

Two Partridges.
Two ounces of cooked Rice.
One ounce of Butter.
Seasoning.
One gill and a half of Glaze.
Yolks of four and whites of two Eggs.

Cook the partridges, remove all the meat from the bones, and pound with the rice, butter, seasoning, and glaze. Pass all through a hair-sieve; then add the yolks of eggs, and lastly the two

whites whipped to a stiff froth. Put into a mould. Bake in a quick oven; serve with a good gravy round made from the game bones.

Soufflé de Volaille.

Ingredients.

One pound of raw Chicken.
Three ounces of Butter.
Four Eggs.
Half pint of double Cream.
Pepper and Salt to taste.

Pound the meat in a mortar, then add gradually three ounces of butter, four yolks and two whites of eggs, season to taste, and then pass through a hair-sieve. Whip the remaining two whites of eggs to a stiff froth, half whip the cream, and stir these in very lightly to the chicken mixture. Steam very gently for three-quarters of an hour. Turn out and serve with white sauce made from chicken-stock.

Salmi of Cold Wild Duck.

Ingredients.

Wild Duck and the gravy left, or
half pint of Stock.
One glass of Port Wine.
Four Shalots.
One ounce of Butter.

Half ounce of Flour.
The rind of one Orange.
The juice of one Lemon.
Half teaspoonful of Cayenne.
A sprig of Thyme.

Cut up the duck into neat pieces, and stew the trimmings of the duck in the gravy, with the port wine, shalots, orange rind cut very thin, the lemon-juice, cayenne, and thyme, thicken with the butter and flour worked together. Stew this till reduced to half its quantity, then strain over the pieces of duck, warm all together without boiling, and serve.

Stewed Steak à la Russe.

Ingredients.

One pound of Rump Steak.
One Carrot.
One Turnip.
One Onion.
Salt and Pepper.
Half an ounce of Butter.
Half an ounce of Flour.
Half a pint of Stock or Water.

Cut off the fat and skin from the steak. Melt the butter in a stewpan, and fry the steak a nice brown on both sides; add the flour and brown it; then add the vegetables, cut up into small pieces. Pour stock in with the steak, and stir till it boils, then draw the stewpan off the fire, and let it simmer gently for quite an hour. Shred some carrot and turnip, and boil separately.

Take the fat of the steak, cut it into nice pieces, and cook it in the oven. When the steak is cooked, put it on a hot dish, season the gravy with pepper and salt, and strain it over the meat; place the pieces of fat on the meat, and garnish with the shredded vegetables.

Suprême de Faisan à la Beaufort.

Ingredients.

Breasts of Pheasants.

A few drops of Lemon-juice.

One gill of good Brown Sauce.

Two gills of Mayonnaise.

Aspic Jelly.

Cut the breasts of one or two pheasants into neat fillets free from skin and bone, put them on a buttered baking-sheet, sprinkle over them a little salt and a few drops of lemon-juice, cover them with buttered paper, and cook in the oven for about ten minutes. Press the fillets till cold, trim them again a little, cover one side of the fillets with good chaudfroid brown sauce, and the other side with mayonnaise, set them in a sauté-pan with aspic jelly; when set cut them out, dish them on a border of aspic the white side up, serve with salad in the centre.

Timbales à la Moëlle de Bœuf.

Ingredients.

Half a pound of Chicken.
Half a gill of White Sauce.
Half a gill of Cream.
One Egg.
One ounce of Panada.
Salt and Pepper.
Two ounces of Beef Marrow.

Pound the chicken, panada, eggs and seasoning all together, pass through a hair-sieve, stir in the sauce and cream very carefully; grease your tins, and fill with the mixture, put in the centre a slice of marrow; cover over and steam for ten minutes, serve with good sauce round.

Timbales de Volaille (No. 1).

Ingredients.

Half a pound of Quenelle Meat.
Six ounces of the breast of a cooked Chicken.
Two ounces of lean cooked Ham.
Six Mushrooms.
One Truffle.
One gill of White Sauce.

Cut the chicken into very small pieces. Chop up the mushrooms, truffles, and ham, and stir into the white sauce. Butter well nine small timbale moulds; line them neatly with the quenelle meat, not leaving a particle uncoated; fill in with the

mineed chicken; coat them neatly over the top with the quenelle meat. Steam them for twenty minutes; dish in a circle on spinach or mashed potatoes; pour good white sauce over and round, and serve peas or mixed vegetables in the centre.

Timbales de Volaille (No. 2).

The mixture as for Soufflé de Volaille put into a mould well greased, and lined all through with pieces of cooked macaroni, cut in equal lengths, and fitted quite evenly (to do this, use a long trussing or larding needle); fill in with the Volaille, and steam one hour. The beauty of this dish depends entirely on the evenness with which the mould is lined with the pieces of macaroni. It must be turned out very carefully. Serve with white or brown sauce round.

Tendrons de Veau à la Tartare.

Ingredients.

The thick end of a breast of Veal.
 A Carrot, Onion, Turnip.
 Two sticks of Celery.
 Bunch of Parsley, Cloves, Peppercorns.
 One quart of Stock.
 Salt.
 Egg and Bread-crumbs.
 Cold Tartare Sauce.
 Mixed Pickles.

Remove the meat from the tendrons, cut them right along the end of the rib-bones, divide the

tendron or gristle part into square pieces about the size of a cutlet, put them into a stewpan with the stock and all the herbs and vegetables, let them cook very gently for about four hours. When quite tender lift them out carefully, place them between two dishes till nearly cold, trim them neatly, egg and bread-crumb them, fry them a light brown, dish them up on cold Tartare sauce, garnish with pickles and serve.

Tendrons de Veau à la Villeroi.

Ingredients.

Two pounds of breast of Veal braised.
Quarter pound of Liver Farce (see Cutlets
à la Rachel).
Quarter pint of thick Béchamel Sauce.
Egg and Bread-crumbs.
Half pint of Brown Sauce.
Macédoine to garnish.

Cook the veal carefully until done, about one and a half hours. Then pull out the bones, and press it flat. When cold trim into cutlet-shaped pieces. Cover each piece with liver-farce, and then with Béchamel. Egg and crumb carefully, and fry in sufficient fat to cover. Arrange the tendrons in a circle, pour the brown sauce round, and place the macédoine in the centre.

Tête de Veau en Tortue.

Ingredients.

Half a Calf's Head.
One Carrot.
One Onion.
Two sticks of Celery.
Two tablespoonfuls of Flour.
One gill of Vinegar.
One tablespoonful of Salt.

Half a calf's head ; wash and clean well, remove the brains, put it in a stewpan, cover with cold water, and add the carrot, onion, celery, flour, and one gill of vinegar (this is added to make the head keep white), and the salt. Skim well when boiling ; let it simmer two hours, when serve with Piquante sauce. Garnish with the brains and tongue cooked separately.

Vol-au-Vent à la Toulouse.

Ingredients.

Half a pound of Puff Paste,

which must have had seven turns, from which cut either small cases, or one ordinary-sized vol-au-vent case, brush with egg and bake till a nice brown in an oven not *too hot* ; when baked remove the centre. Put in a stewpan—

Half a pint of Suprême Sauce.
Half a cold Chicken or Sweetbreads, cut
in neat pieces.
Two ounces of Tongue.

Three Truffles, sliced.

Six Mushrooms „

Four Cockscombs.

A few quenelles of Veal or Chicken.

Stir this over the fire until hot, but not boiling ; fill in your vol-au-vent, which should only be done on sending it to table, as it makes the paste damp, and does not appear so satisfactory when filled long before serving ; put a lid of pastry on the top and serve.

Filling for Oyster Patties.

Ingredients.

Three-quarters of an ounce of Flour.

Three-quarters of an ounce of Butter.

Half a gill of Oyster Liquor (eighteen Oysters).

Half a gill of Fish Stock.

Half a gill of Cream.

Some Lemon-juice.

Cayenne.

Blanch the oysters in their own liquor (keep the liquor), then beard the oysters and cut them in half. Melt the butter, add the flour, and cook carefully for two or three minutes ; then add the oyster liquor and fish stock. Stir till it boils, add the cream and seasonings, put in the oysters, and, when quite hot, fill the patty cases and serve.

SAUCES.

Espagnole.

Ingredients.

One pint of Brown Stock.	} Roux.	
Two ounces of Butter.		
Two ounces of Flour.		
Six Mushrooms or Mushroom Trimmings.		
One Carrot.	} Mirepoix.	
One small Onion.		
One Shalot.		
Two ounces of Ham or lean Bacon.		
One small Bouquet Garni.		
One gill of Tomato Purée.		
One glass of Claret or Sherry.		

Cut up bacon or ham into small pieces and fry slightly in the butter; add the vegetables, cut into slices, and fry five minutes; add the flour, and cook all very slowly together till a golden brown; add the stock and tomato purée and bouquet garni, and simmer thirty minutes; lastly, add the sherry, boil up, skim, and tammy, and it is ready for use. This sauce is the foundation of nearly all brown sauces.

Note.—If bottled mushrooms are used they should be added with the stock; they, being damp, prevent the flour browning.

Suprême Sauce (or Velouté).

Ingredients.

Two ounces of fresh Butter.
 One and a half ounce of Vienna Flour.
 One pint and a half of White Stock, made
 from Chickens, Veal, or Rabbit.
 Half a pint of Cream.
 Twelve Peppercorns (white).
 A few Parsley-stalks.
 Juice of half a Lemon.
 Salt.

Put the butter in a clean stewpan ; when melted add the peppercorns, parsley-stalks, then stir in the flour. Cook this over the fire, stirring all the time, for ten minutes, then add the stock ; stir again till it has well boiled ; add the lemon-juice and salt, and, if at hand, some trimmings of white mushrooms, previously well washed and all water removed. Pass through a tammy-cloth, then add the cream, and it is ready for use. This sauce is the foundation of all the best white sauces, and it must be well boiled to make it "velvety."

Béchamel Sauce.

(A cheaper White Sauce.)

Ingredients.

One pint of Milk.
 One small Carrot.
 One gill of Cream.
 One stick of Celery.
 One Bayleaf.
 One Shalot.
 One Clove of Garlic.
 Two ounces of Butter.

One ounce and a half of Flour.
Ten Peppercorns.

Cut up the carrot, celery, shalot, and put them with the garlic, peppercorns, bayleaf, and milk into a stewpan and let them boil up: mix the butter and flour together, whisk on the boiling milk and vegetables, and let it boil for ten minutes. Then strain through a tammy-cloth, re-heat, and add the cream.

Sauce Allemande.

Ingredients.

One and a half ounce of Butter.
One ounce of Flour.
Half a pint of Chicken Stock.
Pepper, Salt and Nutmeg.
Two Yolks of Eggs.
A tablespoonful of Cream.
A teaspoonful of Lemon-juice.

Dissolve an ounce of butter in a stewpan, add the flour, stir a few minutes without allowing it to brown. Add the chicken stock and stir until it boils. Season with pepper, salt and grated nutmeg. Let it simmer for half an hour. Skim, and finish with a liaison of two yolks of eggs, a tablespoonful of cream, and half an ounce of butter. Stir over the fire until the eggs begin to set, but do not let it boil. Add a teaspoonful of lemon-juice and pass the sauce through a fine strainer or a tammy-cloth. This sauce is the foundation of many fish sauces.

Béarnaise Sauce.

Ingredients.

Two Shalots.
Half a gill of Tarragon Vinegar.
Half a gill of Vinegar.
One gill of White Sauce.
Yolks of three Eggs.
One ounce of Butter.

Chop up the shalots and put them into a stewpan with the vinegar, and boil till reduced to a tablespoonful ; then add the white sauce, mixing it well ; add one at a time the three yolks of eggs, whisking each one well in before adding another, and *on no account let it boil*. When the eggs are in, remove the stewpan from the fire and whisk in the butter in small pieces, taking care that each piece is dissolved before adding the next, as, if the butter is added too quickly, the sauce will oil. Tammy through muslin, and it is ready for use.

Bordelaise Sauce.

Ingredients.

Three-quarters of a pint of Espagnole Sauce.
One wine-glass of Claret.
Two Shalots.
A few drops of Lemon-juice.
Half an ounce of Meat Glaze.
A teaspoonful of Herbs (Tarragon, Chervil, Parsley).
A pinch of Salt, Pepper, and Sugar.

Chop the shalots and cook in the wine till reduced to half the quantity, then add the sauce and cook gently for twenty minutes. Skim, add the herbs chopped, the glaze, and the seasoning. Let it boil up, and it is ready for use.

Bombay Sauce (No. 1).

Ingredients.

Two spoonfuls of Brown Sauce.
One spoonful of Curry Powder.
Two spoonfuls of Glaze.
Two spoonfuls of Tomato Sauce.
A little chopped Indian Pickle; and
A little chopped or grated Ham.

Bombay Sauce for Ham or Roast Hare (No. 2).

Ingredients.

One ounce and a half of Butter.
One clove of Garlic.
One Shalot.
One Onion.
One teaspoonful of Chutney.
Half a pint of good Stock.
One teaspoonful of Curry Powder.
One ounce of chopped Indian Pickle
and Chilli.
One gill of very good Espagnole Sauce.

Fry the shalot, garlic and onion in the butter, then add the curry-powder, also the chutney and stock; boil all well for twenty minutes, then add the sauce, boil it all well and skim it. Wring through a tammy, and add the chopped pickle,

Bread Sauce.

Ingredients.

One gill of Bread-crumbs.

One small Onion.

Five Peppercorns.

Half a pint of Milk.

Salt.

One tablespoonful of Cream.

Put the milk into a stewpan, when boiling add the crumbs, onion, salt, and peppercorns, and let it stand by the fire for fifteen minutes to soak the bread, then stir it on the fire smoothly till it boils; add the cream, and stir till it just boils again. Before serving, take out the onion and peppercorns.

Sauce Aigre-Douce.

Ingredients.

Half a small Onion.

Half a teaspoonful of Castor Sugar.

Half a glass of White Wine.

Two dessertspoonfuls of Red Currant Jelly.

Half an ounce of Butter.

Half a pint of Espagnole Sauce.

Saltspoonful of dry Mustard.

Peel and mince the onion, fry it in the butter till a nut-brown colour, add the mustard, moisten with the wine, and reduce a little. Add in the Espagnole sauce and the red currant jelly, cook gently for ten minutes, season to taste and strain. Use as directed on page 68 for Ailerons de Volaille à la Créole.

Sauce à l'Ambassadrice.

Ingredients.

Half a pint of Espagnole Sauce.
One teaspoonful of Red Currant Jelly.
One tablespoonful of Lemon-juice.
A pinch of Sugar, Cayenne, and Salt.
Two ounces of Sultanas, blanched.

Boil these all well together, add the sultanas and serve.

Sauce à la Cardinal.

FOR FILLETS OF SOLE OR WHITING.

Ingredients.

Coral from a Lobster or half an ounce of Spawn.
One ounce of Butter.
One ounce of Flour.
Half a pint of Fish Stock.
A teaspoonful of Lemon-juice.
Half a gill of Cream.
Cayenne and Salt.

Pound the coral or spawn in a mortar with half an ounce of butter and pass it through a hair-sieve. Melt the rest of the butter and stir in the flour, add the fish stock and stir until it boils. Then add the coral or spawn butter, the lemon-juice, cream, cayenne, and salt, to taste ; whisk well and serve.

Sauce Chaudfroid Blanche.

(White Chaudfroid Sauce.)

Ingredients.

Half a pint of Velouté or Suprême Sauce.

One gill of Cream.

One gill of Aspic Jelly.

Four sheets of French Gelatine.

One teaspoonful of Chilli Vinegar;

Or, a dessertspoonful of Lemon Juice.

Warm up the Suprême Sauce and the aspic separately, then mix both together, soak the gelatine leaves, squeeze them dry and add to the sauce, add the vinegar or lemon-juice, boil up, allow this to simmer for a few seconds, pass through a tammy-cloth or fine strainer, add the cream and use as directed.

Sauce Chaudfroid Blonde.

(Brown Chaudfroid Sauce.)

Ingredients.

One pint of rich Espagnole Sauce.

Half a gill of Sherry.

Six Sheets of French Gelatine.

One gill of Aspic Jelly.

Two tablespoonfuls of Cream.

Warm up the Espagnole Sauce, add the sherry, soak the gelatine, squeeze out the moisture, add it to the sauce with the melted aspic jelly, let it boil for a few minutes, skim well, and pass through a tammy-cloth; let it cool a little and add the cream, season if necessary, and use as directed.

Sauce Chaudfroid Verte.

(Green Chaudfroid Sauce.)

Ingredients.

Half a pint of rich Béchamel Sauce.
One gill of Aspic Jelly.
Half a gill of Purée of Green Peas.
A teaspoonful of Lemon Juice.
Five to six sheets of French Gelatine.
Half a gill of Cream.
Two to three drops of Spinach Greening.
One dessertspoonful of liquid Meat Glaze.

Proceed as for Sauce Chaudfroid Blanche. See that the purée of peas is well reduced before it is added to the sauce. The addition of spinach greening may be omitted if the sauce is sufficiently tinted with the peas. Add the meat glaze last of all.

Celery Sauce.

Ingredients.

Four heads of Celery.
Four ounces of Butter.
Two ounces of Flour.
One pint of Milk.
One gill of Cream.
A little Nutmeg, Pepper, and Salt.

Clean the celery very thoroughly, and slice it up very thinly, put it into a stewpan with the butter, nutmeg, pepper, and salt. Let it stew slowly until the celery is dissolved: it will take some time, and it must not brown. When it has

dissolved, stir in the flour, mix it well, then stir in the milk and boil it for twenty minutes. Rub it through a hair-sieve, warm it up again, stir in the cream, and serve.

Sauce Cumberland.

(A COLD GAME SAUCE.)

Ingredients.

Two Shalots.
Two Lemons.
One Orange.
One dessertspoonful of mixed Mustard.
Half a gill of Marsala.
Half a gill of Port.
Two tablespoonfuls of Red Currant Jelly.
Two tablespoonfuls of Vinegar.
Ground Ginger.
Pepper, Salt, and Cayenne.

Mince finely two peeled shalots, put them in a stewpan with the strained juice of a lemon, the thin rind of a lemon, and that of an orange cut into fine Julienne strips (shreds). Add half a gill of water, and cook for ten minutes, then strain and return to the stewpan, adding a dessertspoonful of mixed mustard, half a gill of Marsala wine, half a gill of port wine, a pinch of ground ginger, two tablespoonfuls of red currant jelly, the juice of a lemon and an orange, and two tablespoonfuls of vinegar. Season with pepper and salt, also a pinch of cayenne. Boil up, strain, and serve cold with any kind of game or duck.

Sauce Demi-glaze.

(Half-glaze Sauce.)

Ingredients.

Half pint Gravy from Roast Meat ;
Or, a gill of Liquid Meat Glaze.
Half gill Brown Sauce or Espagnole Sauce.
One glass Sherry.

Reduce the gravy to half its original quantity, add the brown sauce and sherry, boil up, skim, and strain. Season to taste with pepper and salt. If meat glaze is used in place of gravy, warm up in the bain-marie, add sauce and wine, stir over the fire until it boils, then strain, season and serve.

Financière Sauce.

Ingredients.

Quarter of a pint of Sherry.
One ounce of Butter.
One ounce of Glaze.
One tablespoonful of chopped Mushrooms
or Truffles.
Half a pint of Brown Sauce.

Put the sherry, butter, glaze, and chopped mushrooms or truffles into a stewpan, and cook for five minutes. Then add the brown sauce ; boil till it coats the spoon. Strain, and it is ready to serve.

FINANCIÈRE RAGOÛT.

Sliced Truffles. Scollops of Foie Gras. Cocks-combs. Mushrooms, and Quenelles.

German Sauce.

Ingredients.

Yolks of two Eggs.
One wineglassful of Sherry.
One dessertspoonful of Castor Sugar.

Put the yolks of eggs into a stewpan with the sherry and sugar. Whisk this over the fire until it comes to a thick froth, taking care that it does not curdle.

Sauce Hollandaise (No. 1).

Ingredients.

One gill of Béchamel.
One ounce of Butter.
Yolks of three Eggs.
The juice of half a Lemon.
Salt and Pepper.

Boil up the sauce ; add the butter and yolks of eggs to it ; stand it in a saucepan of hot water, and whisk it well over the fire till it thickens ; it must not boil, or it will curdle and be spoilt. Season to taste with salt and pepper, and at the last stir in the lemon-juice. Fish stock or chicken stock may, if liked, be incorporated in order to give the required flavour.

Sauce Hollandaise (No. 2).

Ingredients.

Six ounces of fresh Butter.
Quarter of an ounce of fine Salt.
Three yolks of fresh Eggs.
A pinch of crushed Pepper.
Quarter of a gill of Water.
Juice of half a Lemon.

Put the pepper, salt, water, and butter, broken in pieces, into a saucepan ; add the yolks of eggs ; put the saucepan over a basin of hot water, let it get hot by degrees, and whip it, turning the whisk between both hands until it becomes frothy ; take care not to let it boil. Flavour it well, and add salt and lemon-juice according to taste. Pass it through a sieve, and keep hot over a basin of hot water.

Horse-radish Sauce.

Ingredients.

One gill of whipped Cream.
Two ounces of grated Horse-radish.
Salt, Pepper, mixed Mustard.
One tablespoonful of White Vinegar.

Mix together and serve.

Sauce Italienne.

Ingredients.

Two Shalots.
Six Mushrooms.
One ounce of Butter.

A sprig of Thyme.
Bayleaf.
One gill of Sherry.
One ounce of Flour.
Half a pint of Second Stock.

Chop the shalots and mushrooms and fry them in the butter with the flour, thyme, and bayleaf, till a good brown; then add the sherry, let it boil till reduced to half the quantity. Add the stock, and boil for ten minutes. Strain it, and it is ready for use.

Lobster Sauce.

Ingredients.

One Lobster.
Two ounces of Butter.
One ounce of Flour.
Half a pint of Water.
One tablespoonful of Cream.
Half a teaspoonful of Lemon-juice.
Salt and Cayenne.

Remove the flesh from the tail and claws and cut it up into dice. Take the coral, wash and dry it, pound it with one ounce of butter and rub it through a hair-sieve. Put into a stewpan one ounce of butter and the flour. Mix these over the fire and add half a pint of water, stir well, and boil the sauce a few minutes. Then add the coral, butter, the pieces of lobster, the seasoning, and the cream. Mix and warm thoroughly, and the sauce is ready.

Mayonnaise Sauce.

Ingredients.

Two Eggs.
Salt and Pepper.
One teaspoonful of Vinegar.
One teaspoonful of Tarragon Vinegar.
Half a teaspoonful of made Mustard.
One gill of Salad Oil.

Put the yolks of eggs into a basin, with a saltspoonful of salt and half a saltspoonful of pepper ; break the yolks with a wooden spoon, and pour in, one drop at a time, the gill of oil, whisking it well the whole time. At the last, stir in the vinegar and the mustard. The sauce, when properly made, must be as smooth and as thick as double cream.

Mushroom Sauce.

Ingredients.

Quarter of a pound of Mushrooms.
One ounce of Butter.
Salt and Pepper.
Three gills of Milk.
One teaspoonful of Flour.
One tablespoonful of Cream.

Peel and take away the stalks, cut up mushrooms in dice, cook until tender in milk with salt and pepper. When tender thicken with flour, add the butter, and, last of all, the cream.

Oyster Sauce.

Ingredients.

One dozen Oysters.
Half an ounce of Butter.

Half an ounce of Flour.

One tablespoonful of Cream.

Lemon-juice, Salt, and Cayenne.

Put the oysters into a stewpan with their liquor and bring them to the boil. Strain the liquor into a basin. Remove the beards and the hard parts of the oysters, and cut the soft parts into two pieces. Melt the butter in a stewpan, add the flour, then the oyster liquor, and boil the sauce five minutes. Add the cream, salt, cayenne lemon-juice, and pieces of oysters.

Sauce Piquante.

Ingredients.

One Shalot.

Half a Carrot.

Three Mushrooms.

One sprig of Thyme.

One Bayleaf.

One ounce of Butter.

One tablespoonful of Harvey Sauce.

Half an ounce of Flour.

Half a pint of Brown Stock.

Two tablespoonfuls of Vinegar.

Salt and Cayenne.

Clean and cut up the vegetables very fine, reduce them in the vinegar and fry them brown in the butter and flour in a stewpan; then stir in the stock, also the thyme, bayleaf, and Harvey sauce, let it simmer for twenty minutes; then add the salt and cayenne, strain through a tammy, and it is ready for use.

Sauce Suédoise.

COLD FISH SAUCE FOR TROUT OR SALMON.

Ingredients.

One gill of White Sauce.
One gill of Mayonnaise Sauce.
One gill of thick Cream.
Two spoonfuls of grated Horse-radish.
Some chopped Indian Pickle, Pepper,
Salt and Cayenne.

Mix these ingredients and freeze.

Poivrade Sauce.

Ingredients.

Half a pint of Espagnole Sauce.
Half a pint of Vinegar.
Twenty-four Peppercorns.

Crush the peppercorns; put them in a stewpan with the vinegar, and let it boil till quite reduced; then add the Espagnole sauce. Stir well, and simmer gently ten minutes; pass through a tammy, and it is ready for use.

Sauce Réforme.

Ingredients.

Half pint of Poivrade Sauce.
One tablespoonful of Red Currant Jelly.
One glass of Port Wine.
Cayenne Pepper.

When the poivrade sauce is boiling stir in the red currant jelly, the port wine, and a little cayenne. Let it boil about ten minutes, strain, and it is ready for use.

Soubise Sauce.

Ingredients.

Six large Onions.

Half a pint of Milk.

Half a pint of White Sauce.

One gill of Cream.

Pepper, Salt, and Castor Sugar.

Peel and slice the onions, boil them in the milk till quite tender, then press out all the milk and rub them through a hair-sieve; put them into a stewpan with the white sauce and reduce it to half the quantity, stir in the cream, pepper, salt, and a little castor sugar. This sauce is now ready for use.

Sauce Verte.

COLD GREEN SAUCE FOR FISH.

Take some tarragon, chervil, parsley, and a little shalot. Blanch and pound in a mortar with a little butter, and pass it through a hair-sieve; add a little white sauce made with fish stock, season with pepper, salt and cayenne, then freeze.

Tartare Sauce.

Ingredients.

Two yolks of Eggs.

Salt and Pepper.

One gill of Salad Oil.

One tablespoonful of French Vinegar.

One teaspoonful of Tarragon Vinegar.

One teaspoonful of made Mustard.

One tablespoonful of chopped Gherkins or Capers.

Put the yolks into a basin, add salt and pepper, and stir well with a wooden spoon. Add the oil drop by drop, stirring well all the time. Then put in the mustard, vinegar, gherkins, or capers, and the sauce is ready.

Sauce Tomate.

Ingredients.

One pound of Tomatoes.

Three Shalots.

One Bayleaf.

A sprig of Thyme.

Twelve Peppercorns.

Salt.

One ounce of Butter.

Two ounces of lean Ham.

One tablespoonful of Vinegar.

Put the butter into a sauté-pan. Peel and cut up the shalots and chop up the ham; put these into the sauté-pan with the peppercorns, vinegar, salt, thyme, bayleaf, and the sliced tomatoes. Stir this over the fire for about fifteen minutes, till it is well reduced; then rub it all through a hair-sieve; return it to the sauté-pan to re-heat, and it is ready for use.

Wine Sauce.

Ingredients.

One ounce of Castor Sugar.

One gill of Water.

One tablespoonful of Jam.

One wineglassful of Sherry.

Half a teaspoonful of Lemon-juice.

Put the sugar and water into a stewpan and stir till the sugar is melted ; boil and reduce to syrup, stir in the jam, and, when well mixed, stir in the wine and lemon-juice ; let it boil up to cook the wine.

Brandy Sauce.

Ingredients.

Three Eggs.
One gill of Cream or Milk.
One wineglassful of Brandy.
One dessertspoonful of Castor Sugar.

Put the yolks of eggs into a milk saucepan, add the cream, brandy, and sugar ; whisk all well together for six or eight minutes. Be careful that it does not curdle.

Custard Sauce.

Ingredients.

One Egg.
One gill of Milk.
One teaspoonful of Castor Sugar.
Eight drops of Essence of Vanilla.

Break the egg into a milk saucepan, add the sugar, milk, and vanilla, and whisk it over the fire till it thickens, taking care that it does not curdle.

VARIOUS RECIPES.

To boil a York Ham.*

To choose a ham : select one with a smooth thin skin and a neat plump shape, not too long. Run a skewer down the knuckle by the bone and it should smell sweet and savoury, not strong or rancid ; it should not be too hard, but be elastic to the touch. Having selected your ham, saw off the knuckle-bone quite close, soak it for twenty-four hours in cold water, scrape it clean from dirt and slime, and put it on in cold water to boil with plenty of fat in the water ; let it simmer steadily for three hours, and allow it to get cold in the water. Take it up, remove the rind, trim the surface of the fat smoothly with a knife ; put it on a baking sheet in the oven for a few minutes, then dab it with a clean cloth to absorb the grease. Take a paste-brush and paint it all over with glaze ; when thoroughly cold, garnish with chopped aspic jelly. Instead of glazing the ham you can

* A ham of 12 to 14 lbs. weight takes six hours to cook.

sprinkle raspings all over it. If the ham is to be eaten hot, it must be skinned, put in the oven, covered with buttered paper to get hot through, for about half an hour, then glaze it, and garnish with green peas, or Brussels sprouts, spinach, etc.

To boil an Ox Tongue.

A pickled tongue should be soaked for two or three hours in cold water. Then put it on to boil in cold water with a bunch of savoury herbs. Let it come slowly to the boil, skim it well, and let it boil slowly for about five hours. When done, take it up, plunge it into cold water so that you can skin it easily: this must be done carefully, especially at the tip of the tongue. When skinned, set the tongue with the root end against a board or a wall, stick a dishing-up fork through the root into a board, stick another fork in *front* of the tip of the tongue, to get it into a good shape so that it will stand well; when quite cold trim off the root and glaze it, put a rouche round the root, garnish with parsley, and serve. If to be eaten hot, it must be wrapped up in buttered paper and made hot in boiling water for a quarter of an hour, then glazed and garnished with tufts of cauliflower or Brussels sprouts, and served with tomato, piquante, or poivrade sauce.

Boiled Pheasant.

Truss a pheasant for boiling, stuff it either with oyster stuffing as for turkey or with chestnuts. The chestnuts must be boiled and skinned first, stuff at the neck end. Put the bird breast downwards into hot water, and let it boil gently for from half an hour to three-quarters of an hour according to size. Serve with celery sauce poured over and round.

Boiled Turkey and Oyster Stuffing.

Ingredients for stuffing.

Quarter pound of Suet.
Grated rind of half a Lemon.
A teaspoonful of chopped Parsley.
Salt, Cayenne, and grated Nutmeg.
Six ounces of Bread-crumbs.
Two Eggs.
Three dozen Oysters.

Stuff the turkey with the above ingredients mixed thus: chop the suet very fine, mix it with crumbs, and the lemon-peel grated, chopped parsley, salt, cayenne, and grated nutmeg; take the beards off the oysters, add them and their liquor strained, and lastly the eggs; mix all well together, and fill the turkey with this stuffing at the neck end. Put the turkey breast downwards into hot water, let it come to the boil, skim it well, and

boil gently for an hour and a half to an hour and three-quarters according to size. Serve with celery sauce poured over and round.

Braised Ox Tongue.

Ingredients.

A fresh Tongue.
Three quarts of Second Stock.
A good Bouquet Garni.
One Onion, whole Peppercorns,
three Cloves, and Salt.

Steep a fresh tongue in cold water for an hour, then put it into a stewpan with three quarts of second stock, an onion, a bunch of herbs, peppercorns, cloves and salt; let it boil steadily for three hours. Take it up, strip off the white skin very carefully, trim off the root and rough parts of fat, etc., glaze it well and put it in the oven for twenty minutes. Serve with piquante or Italian sauce; and spinach round it.

Shoulder of Mutton Stuffed and Braised.

Ingredients.

One small shoulder of Mutton.
Three quarts of Second Stock.
One tablespoonful of chopped Parsley.
One teaspoonful of sweet Herbs.

One Shalot.
Two ounces of chopped Bacon.
Two ounces of Bread-crumbs.
Two ounces of chopped Fowl or Game.
One Yolk of Egg.
Pepper and Salt.
One dessertspoonful of chopped Mushrooms.

Bone a shoulder of mutton, mix all the above ingredients well together and stuff the mutton with them, roll it up into a neat shape not too long, sew it up, braise it in the stock for about two hours according to size. When done, take it out and glaze it: serve with brown or piquante sauce. This joint is very nice baked.

Lark Pudding.

Ingredients.

Six Larks.
Half a pound of Fillet Steak.
Six Oysters.
Half a pound of Liver Farce.
One Shalot.
A teaspoonful of chopped Mushrooms.
Grated Nutmeg.
Pepper and Salt.
One gill of Brown Sauce.
Suet Paste.

Grease and line a pint-and-a-half pudding basin with good suet paste. Bone and clean the larks, stuff each one with liver farce with an oyster in the middle, wrap each lark up in a thin strip of steak, season each piece of steak with pepper and

salt and a very little grated nutmeg. Put some pieces of steak in the bottom of the basin, put the rolled-up larks in neatly, sprinkle over the chopped shalot and mushrooms, pour in the brown sauce, fill in with any pieces of steak left, wet round the edge of the paste, put on the top crust, tie it up in a cloth tightly, plunge into boiling water and boil gently for two hours.

Partridge Pudding.

Ingredients.

Two Partridges.
Half a pound of Veal Cutlet.
One gill of good Brown Stock.
Pepper and Salt.
One Shalot.
Chopped Mushrooms.
Suet Paste.

Grease and line a pint-and-a-half pudding basin with good suet paste, cut up the veal cutlet and place it in the bottom of the basin, cut up the partridges into neat joints, lay them on the cutlet, sprinkle over pepper, salt, chopped shalot, and mushrooms, pour in the stock, wet the edge of the paste, put on the top crust, tie over with a cloth, plunge into boiling water and boil steadily for two hours.

Poulet en Casserole.

Take a nice tender fowl or a pheasant, trussed for boiling, rub it well all over with lemon. Take an earthenware casserole large enough to hold the fowl easily; put into this three ounces of butter, three button onions peeled and stuck with two cloves, a full bouquet garni * of every herb to hand, but very little of each, and two ounces of bacon cut into dice. Allow all these ingredients to get hot, then put the fowl in, and cook it very gently on the stove for about one hour; baste it frequently, and turn it from time to time. If the butter gets absorbed you must add a little more. When the fowl is cooked, pour off all the fat, season the fowl with pepper and salt, add a ladleful (one gill) of rich gravy, or a tablespoonful of liquefied meat glaze, put the casserole in the oven for ten minutes, baste the bird well with the gravy. Take up the fowl, dish it up on a hot dish, strain the gravy from the pan over the fowl, and serve. If served on a bed of rice, the rice must be cooked in good stock. Garnish with watercress.

* A full bouquet garni consists of thyme, lemon thyme, basil, bayleaf, chives or leeks, lemon peel, parsley root and leaf, eelery, mace, marjoram, tarragon, and chervil.

VEGETABLES AND SALADS.

Asparagus.

Pick off the loose leaves, scrape the stalks, and wash them in cold water; cut all the stalks the same length, and tie them together in small bundles, the heads all the same way. Put the asparagus into hot water with a little salt, and boil gently for about twenty minutes till tender, taking care not to break the heads. Serve the asparagus on a slice of thick toast dipped in the water the asparagus was boiled in. Hand melted butter with a few drops of lemon-juice in it.

Jerusalem Artichokes à l'Italienne.

Ingredients.

Two pounds of Artichokes.
One gill of Consommé.
Two ounces of Butter.
Pepper and Salt.

Nutmeg.

Lemon-juice.

Italian Sauce (see Entrées).

Wash and peel the artichokes, shaping them like small pears, of even sizes. Butter a stewpan with two ounces of butter, and arrange the artichokes in circles in it, sprinkle over a little pepper, salt, nutmeg, and lemon-juice; pour one gill of consommé to them, put the lid on, and simmer gently for half an hour, basting them occasionally; they should colour a deep yellow. Just before serving, roll them in the consommé. Serve with Italian sauce round them.

Brussels Sprouts.

Ingredients.

Two pounds of Brussels Sprouts.

Two ounces of Butter.

Salt and Pepper.

Quarter of a saltspoonful of Carbonate of Soda.

Wash the sprouts well in salt and water, and trim them; put them into a saucepanful of boiling water with some salt and the carbonate of soda. Let them boil fast with the lid off till quite tender—from ten to twenty minutes, according to age. When done, strain them off, dry them in a cloth, put them into a stewpan with the butter, pepper, and salt, toss them in this till thoroughly hot—they must not fry; then serve.

Champignons grillés.

Lay some toast cut in neat pieces in your dish. Trim the mushrooms and place them in a deep tin, add a tablespoonful of stock and one ounce of butter, salt and pepper ; baste the mushrooms ; cover them over and cook in the oven till tender ; put the mushrooms on the croûtes and serve hot.

French Beans à la Maître d'Hôtel.

Ingredients.

Two pounds of French Beans.

Two ounces of Butter.

Pepper and Salt.

Nutmeg.

A tablespoonful of chopped Parsley parboiled.

The juice of half a Lemon.

Pick and string the beans, cutting each bean into three or four strips. Wash them well in cold water, drain them, and put them into a saucepan of boiling water, boil fast till tender. Put them into cold water for a few minutes, dry them in a clean cloth, and put them into a stewpan with the butter, parsley, pepper, salt, nutmeg, and lemon-juice. When quite hot, serve them with croûtons round.

Haricots panachés à la Maître d'Hôtel.

Ingredients.

Half a pint of Haricot Beans.

„ „ French „

Two ounces of Butter.

Croûtons of fried Bread.

Boil the haricots and French beans as usual until tender. Melt the butter in a saucepan, and sauté both the beans until hot and well mixed. Serve piled lightly on a dish and garnish with the croûtons.

Plain Salad.

Ingredients.

Lettuces, Watercress, Mustard and Cress, Endive,

Cucumber, Celery, a little of each.

Beetroot.

One or two Spring Onions.

Two tablespoonfuls of the best Salad Oil.

One tablespoonful of Tarragon Vinegar.

Pepper and Salt.

Half a teaspoonful of made Mustard.

One teaspoonful of Castor Sugar.

(Cold boiled vegetables can be used as well, such as Potato, Carrot, Turnip, Cauliflower, etc.)

Wash all the ingredients carefully to remove dirt and grit. Dry them well in a clean cloth; break up the leaves into small pieces and put them into the salad-bowl; do not use a knife to the green vegetables. Put the salt, sugar, and

mustard into a tablespoon; fill it with tarragon vinegar, and stir to melt the salt and sugar and mix the mustard. Pour this over the salad, shake over some pepper, and add the oil last, mixing all well together. Remember the old saying in making a salad, "The vinegar should be measured out by a miser, the oil by a spendthrift, and a maniac should mix it."

Pommes de Terre à l'Anna.

Ingredients.

Two pounds of Potatoes.

Two ounces of grated Cheese.

One and a half ounce of Butter.

Salt and Pepper.

One teaspoonful of chopped Parsley.

Butter a plated dish, peel the potatoes and cut them into rather thin slices. Lay these slices in close even rows on the dish and sprinkle over them the cheese, salt, pepper and parsley; put a piece of butter here and there on the top, and bake in a moderate oven for an hour and a quarter.

Soufflé Potatoes.

This dish depends for its success a great deal upon the kind of potato used—all potatoes will not soufflé; the best for this purpose are Dutch potatoes; and great care is necessary to have the

fat used of the right heat. Peel the potatoes and cut them in slices of equal thickness, about an eighth of an inch each slice. You will require two pans of fat; the first pan must be only moderately hot, and the slices of potato must cook through in this slowly till soft, not crisp; if the potatoes blister or soufflé in the first pan they will not finish properly in the second one. When cooked and soft in the first pan of fat, finish them off in the second one, the fat in which must be very hot indeed, so that the slices puff up at once and colour a golden brown. Serve very hot.

Pommes Chateaux.

Ingredients.

Two pounds of Potatoes.

Two ounces of Butter.

Salt.

Wash the potatoes in cold water, scrape them and cut them into shapes like the quarters of an orange. Put them into a saucepan of cold water, and just let them boil up; then strain them and wipe them dry on a clean cloth. Put two ounces of butter into a stewpan, and toss the potatoes in it for about twenty minutes over a quick fire; they should brown on all sides alike. Strain off the butter, sprinkle some salt over the potatoes, and serve.

Potato Scollops.

Ingredients.

Two pounds of cold Potatoes.
Half a pint of Milk.
Three ounces of Butter.
Three ounces of Parmesan Cheese.
Pepper and Salt.

Mash the potatoes quite soft with the milk and the butter melted; add two ounces of cheese, pepper and salt to taste. Fill some patty-pans with this mixture, and brown them in the oven. While hot, glaze each over with melted butter and the rest of the cheese; serve very hot in the patty-pans.

Potato Croquettes.

Ingredients.

Two pounds of Potatoes.
One ounce of Butter.
One tablespoonful of Milk.*
Three Eggs.
A teaspoonful of chopped Parsley.
Bread-crumbs.
Pepper and Salt.

Rub two pounds of cold potatoes, or potatoes cooked on purpose, through a sieve on to a plate; put the milk and butter into a stewpan, and when hot, stir in the sifted potatoes. Take the stewpan off the fire and break the yolks of two eggs

* If the potatoes are moist leave out the milk.

into the potatoes, stir in the chopped parsley, pepper, and salt, and cook it again to bind the mixture. When quite cold, shape this mixture into balls or croquettes, egg and bread-crumb, and fry in boiling fat. Serve with fried parsley.

Potato Chips.

Wash and peel the potatoes, taking out the eyes and specks, peel them very thinly in ribbons, twist them into fancy shapes, put them into a frying-basket, and fry in boiling fat for about six minutes. You can cut the potatoes into slices, ribbons, straws, or julienne if you prefer it. Fry a few at a time, and then altogether a second time, to make all hot and crisp.

Salade à la Caroline.

Ingredients.

Four ounces of Carolina Rice.
Six Mushrooms.
One hard-boiled Egg.
Pepper and Salt.
Parsley.
Two large Truffles.
About half a pint of picked Shrimps.
One glass of Chablis Wine.
Oil and Vinegar.

Wash, blanch, and cook the rice as for curry; drain it and dry it, and let it cool. Shred the truffles finely, and put them in a stewpan with the wine and mushrooms; cover and boil for

a few seconds; mix this with the rice; add the shrimps, and a dessertspoonful of chopped parsley. Prepare a dressing with three table-spoonfuls of oil, two of vinegar (best French wine), a teaspoonful of salt, half a teaspoonful of pepper, and a little French or English mustard; pour this dressing over the above; mix well but carefully; dress in a heap on a deep dish or in a salad bowl. Ornament the surface with slices of hard-boiled white and yolk of egg, chopped parsley, a few small stars of truffle, etc. Serve separately, or with a dish of sliced tomatoes.

Salade à la Russe.

Ingredients.

About a pint of Jardinière of Vegetables.
Six Anchovies, filleted.
A few slices of Smoked Salmon.
Two table-spoonfuls of Russian Caviare.
About a quart of Aspie Jelly.
Twelve picked Prawns, or Crayfish.
One gill of firm Mayonnaise Sauce.
A few Mixed Pickles.
Some cooked Chicken or Partridge Fillets.
A handful of Cooked Green Peas.
Twelve turned Olives.
Oil, Vinegar, and Seasoning.
Capers, Parsley, and Gherkins.
A teaspoonful of Chopped Tarragon and Chervil.

Cut some young carrots and turnips with a small round or oval vegetable scoop, blanch and

cook them separately in salted water ; cut some French beans into diamond shapes, blanch and cook ; boil some asparagus tips and peas. When all are well drained and cold, mix with a little oil, vinegar, and mayonnaise sauce ; season with cayenne pepper and salt. Cut the anchovies, some of the salmon and the cooked meat into small dice, with a few capers, a dessertspoonful of chopped gherkins, and a tablespoonful of caviare ; add this to the mixture ; sprinkle with a little chopped parsley and the chopped savoury herbs ; stir in a little aspic jelly to bind them. Prepare a border of aspic, garnished with olives, capers, prawns, pickles, etc. ; put a little of the above mixture in the centre of this, fill up with aspic, and put to cool. Mask a medium-sized bomb mould with aspic, garnish with fancifully-cut slices of smoked salmon, gherkins, olives, caviare, pickles, prawns, etc. ; fill up the centre of same with the mixture, previously mixed with a little more aspic, so as to make it set well. Put it on the ice, and, when wanted, turn out the border first, place the bomb shape in the centre, garnish to taste, and serve very cold. When filling the bomb mould it should be fixed in some broken ice, to make it stand well. The mixture should be put in in layers, with aspic between each one until the salad comes to a point when turned out.

Salade de Tomate à la Crème.

Blanch the tomatoes for a few seconds, then peel and cut them in quarters. Serve with mayonnaise mixed with a little thick cream, poured over. Sprinkle with chopped tarragon.

Salade à la Waldorf.

Ingredients.

Two small Turnips, cooked.
Two Potatoes, cooked.
Three Artichokes, cooked.
One slice of Pineapple.
Two Bananas.
One gill of Mayonnaise.
Half a gill of Whipped Cream.
One tablespoonful of Elder Vinegar.
Shredded Celery.
Chopped Tarragon.
Sugar.
Salt.

Cut the vegetables and fruit into fancy shapes or dice. Add the cream to the mayonnaise sauce and flavour it with the elder vinegar, sugar, and salt. Mix in the fruit and vegetables and pour all into a salad bowl. Garnish with shredded celery and sprinkle with chopped tarragon.

Note.—This salad is suitable to serve with game.

Seakale.

Tie the seakale up in small bundles, put it into boiling water with some salt, and boil it for twenty minutes, till quite tender. Untie the bundles, dish it up on a slice of toast, and hand, separately, melted butter with a few drops of lemon-juice in it.

Spinach.

Ingredients.

Two pounds of Spinach.

Two ounces of Butter.

Half a gill of Cream.

Pepper and Salt.

Pick all the stalks off the spinach, wash it well in several waters, and put it into a stewpan with the drops of water that hang to the leaves; let it boil till thoroughly tender, then rub it through a wire sieve. Put it back in the stewpan with two ounces of butter, half a gill of cream, and a little pepper and salt; mix well till it is thoroughly hot, then serve with croûtons round it.

Stewed Celery.

Take about six sticks of nice white celery. Cut the tops off, leaving it five or six inches in length. Stir in some good second stock till quite tender; take out the celery and thicken the stock into a nice brown sauce; season with pepper and salt, and pour it over the celery and serve quite hot.

Tomates à la Française.

Choose some small round tomatoes, skin them and take out the core; fill in the middle with minced anchovies and mayonnaise; place a sprig of tarragon on the top, and dip each tomato in aspic two or three times till quite coated. Put a round piece of aspic on the top like a lid,

Tomates en Feuilletage.

Ingredients.

Four ounces of Puff Pastry.
Three sliced Tomatoes.
One teaspoonful of good Vinegar.
One teaspoonful of Anchovy Sauce.
One chopped Shalot.
One small Onion.

Stir these sauces carefully together in one gill of salad oil as for mayonnaise; lay in it the slices of tomatoes. Set them on the ice till cool or cold. Roll out some puff pastry, spread the tomatoes over it, dust one tablespoonful of grated cheese over that. Roll out a piece of pastry and lay on the top, press it together, cut it out and bake.

Young Carrots.

Ingredients.

One bunch of Spring Carrots.
One ounce of Butter.
One teaspoonful of Castor Sugar.
Half a pint of Stock.
A tablespoonful of chopped and
parboiled Parsley.

Wash and scrape the carrots, boil them in water with a little salt for about ten minutes, put them into cold water, and dry them in a cloth. Now put them into a saucepan with the stock, butter, and sugar, and boil gently for half an hour; then boil them fast till the stock is reduced to glaze, sprinkle in the chopped parsley, and serve, with the glaze on them.

SAVOURIES.

Anchovy Toast.

Ingredients.

Six Anchovies.
Two Eggs.
Two ounces of Butter.
Croûtes of Bread.
Cayenne.

Wash and bone the anchovies, pound them in a mortar with the hard-boiled yolks of eggs, butter and cayenne. Rub this through a hair-sieve. Cut some rounds of bread with a cutter and fry them in boiling fat, spread them with the anchovy butter and sprinkle over them the whites of eggs chopped very finely. Serve either hot or cold.

Anchovy Sandwiches.

Toast some bread, and butter it. Have ready some filleted anchovies, baste them over with a spoonful of salad oil, pepper and lemon-juice; lay these fillets between two pieces of toast quite evenly, press them together and cut in neat squares. Dish up quickly while the toast is hot.

Angels on Horseback.

Ingredients.

Twelve Oysters.

Twelve round Croûtons.

Twelve pieces of very thin Bacon, 2 inches long,
1½ inch wide.

Beard and trim each oyster, put one on each piece of bacon, sprinkle over the oyster a little cayenne and two or three drops of lemon-juice; then roll it up in the bacon. Lay each roll of bacon and oyster on a croûton, put them into a brisk oven just to cook the bacon, serve very hot, dished up on watercress.

Aspic Jelly.

Ingredients.

One quart of good Stock.

One ounce of French Gelatine.

Half a gill of Tarragon Vinegar.

Half a gill of Sherry.

The Whites of two Eggs.

Put the stock, gelatine, and whites of eggs into a stewpan, and stir until nearly boiling, then add the vinegar, let it boil up, stand it by the side of the fire for fifteen minutes, and then strain it.

Birds' Nests.

Ingredients.

Six Eggs (Plovers' are the best).

Half a pound of Sausages, or Quenelle Meat.

Egg and Bread-crumbs.

Boil six eggs quite hard, take them out of the shell carefully, and when quite cold mask them all over with quenelle or sausage meat, egg and bread-crumb them and fry them a nice brown. Take them out of the fat, cut them in half with a sharp knife, stand them up on the narrow end, dish them up with tomato sauce round. If plovers' eggs are used they should be boiled twenty minutes.

Canapés à la Fife.

Croûtes of fried bread. Lay upon each croûte two fillets of anchovy, season with pepper and salt, and drop over each fillet a little whipped cream. Dish up on a napkin.

Canapés aux Olives.

Have some croûtes of bread fried in rounds and spread with foie-gras; the olives stoned and stuffed with foie-gras, one olive on each croûte, with a little spray of tarragon or chervil on each olive.

Canapés de Laitance.

Ingredients.

Two Bloaters with soft roes.

One ounce of Butter.

Fried Croûtons of Bread.

One Egg.

Salt and Cayenne.

Take the roes out of the bloaters and put them on one side; pound the flesh of the fish in a mortar with the butter, egg, and seasoning, and pass through a wire sieve. Put a little heap of this mixture on each croûton, with a piece of the roes on the top; bake for ten minutes in a moderate oven and serve very hot.

Cassolettes à l'Albany.

Cut some croûtes of bread three inches long and one inch wide, cut out the middle and fry the croûtes a nice brown. Have two ounces of anchovy or bloater paste; cut in pieces three soft roes of bloaters, six oysters cut in four. Sauté these all together in one ounce of butter, two drops of lemon-juice and cayenne; then fill in the cassolettes. Prepare some buttered egg mixture not too much cooked, and pour a teaspoonful over each cassolette. Serve hot.

Cassolettes à la Chasseur.

Ingredients.

Half a pound of Fresh Butter.

Mixture for Filling.

Egg and Crumbs.

Fried Parsley.

Cut the butter into nine or ten pieces, roll into balls, and place in iced water till quite hard. Remove from the water and dry them, then coat with egg and crumbs, pressing the crumbs well in and slightly flattening them on the board. Repeat this four times. Take a small round cutter, dip it into hot water, and stamp the centre of the balls about half way through. Fry a golden brown in very hot fat. Remove the lid, and tip out the liquid butter from the inside. Fill up with some savoury mixture, and serve. Garnish with fried parsley.

MIXTURE.

(May be Lobster, Chicken, Prawns, etc.)

Ingredients.

PRAWNS.

Three-quarters of an ounce of Flour.

Three-quarters of an ounce of Butter.

Half a gill of Fish Stock.

One spoonful of Cream.

Lobster Butter.

Seasoning.

Prawns.

Melt the butter, stir in the flour, add the stock and cream, boil up, add lobster butter, seasoning, and chopped prawns.

Cassolettes of Potato.

Take the same mixture as potato croquettes (see p. 176), make it up into balls, egg and bread-crumbs them, shape them into cases, cutting a lid with a pastry cutter. Fry them in very hot fat ; lift off the lid, take out the soft part of the potato, fill in with chicken, oyster, game, anything of that kind which you like, put the little lids on again, and serve with fried parsley.

Cassolettes of Rice.

Ingredients.

Half a pound of Rice.
One pint of White Stock.
One Egg.
Bread-crumbs.
Pepper and Salt.

Well wash the rice and boil it in the stock until quite tender ; then pack it down in a sauté-pan and press it till quite cold. Now cut out patty cases of the rice with a pastry cutter, making a lid with a smaller cutter. Egg and bread-crumbs these cassolettes, fry them a nice brown in very hot fat. Lift the lid and fill the cases with any savoury mixture you like, replace the lid, and serve with fried parsley.

Choufleur au Gratin.

Ingredients.

A nice Cauliflower.

Two ounces of grated Parmesan Cheese.

One ounce of Butter.

Half an ounce of Flour.

One gill of cold Water.

One tablespoonful of Cream.

Cayenne Pepper.

Salt.

Take a moderate-sized cauliflower, close and white, cut the stalk quite close, and cut away the outer withered leaves. Put it head down into a large saucepan, with plenty of fast-boiling water, slightly salted, and let it boil until tender; it will take from fifteen to twenty minutes. If it turns over in the water, as it is apt to do, it must be turned back again with a fork, for the flowers keep whiter well under the water. Care must be taken to remove any scum that rises. When the centre of the flower yields to pressure, it is done. Take it up carefully with a slice, and drain it over a sieve. But while it was boiling, the sauce should have been made.

Two ounces of grated Parmesan cheese, one ounce of butter, half an ounce of flour, one gill of cold water, a tablespoonful of cream, and as much cayenne pepper as would cover the flat surface of a split pea. Put the butter and flour into a small stewpan, and mix them thoroughly, off the fire, with the back of a wooden spoon; add a gill of

cold water, and stir the sauce over the fire till it is thick and quite smooth, then add the cream, the cayenne, and a pinch of salt.

When the cauliflower is done enough, take it up, place it on the dish in which it is to be served, and squeeze it gently together in a clean cloth, held with both hands. Stir half the cheese into the sauce, and then pour the sauce gently all over the flower; sprinkle the remainder of the cheese over the top, and brown it as macaroni is browned. Serve it very hot.

Cheese Aigrettes.

Ingredients.

Half a pint of cold Water.

One ounce of Butter.

Four ounces of Vienna Flour, sifted.

Three ounces of Parmesan Cheese.

Two whole Eggs and one Yolk.

Cayenne and Salt to taste.

Dry the flour in the oven and rub it through a sieve; put the water and butter on to boil; when boiling add the flour; stir vigorously all the time on the fire until the panada leaves the sides of the pan quite clean. Remove from the fire, and when slightly cooled add the eggs, one by one, the seasoning, and lastly the cheese; put on a plate to cool. Take a small piece of the mixture in a teaspoon, drop it into hot but not quite

boiling fat, and fry a nice brown. Serve on a napkin, with grated Parmesan sprinkled over them.

Cheese d'Artois.

Ingredients.

Yolks of two Eggs.

White of one Egg.

Two ounces of Butter.

Three ounces of Parmesan Cheese, grated.

Salt and Pepper.

Three ounces of Puff-paste.

Beat the eggs in a basin for a few minutes, melt the butter and stir it and the cheese to the eggs, and a little pepper and salt. Roll the paste out thinly, and cut it in half; spread the cheese mixture over one half of the paste and lay the other half over it. Cut this out in rounds with a cutter; brush over with egg, and bake in a quick oven for about ten minutes.

Cheese Soufflé.

Ingredients.

One ounce of Butter.

Half an ounce of Flour.

One teaspoonful of Mignonette Pepper.

Salt, Pepper, and Cayenne.

One gill of Milk.

Three Eggs.

Three ounces of Parmesan Cheese, grated.

Fry the mignonette pepper in the butter for two or three minutes; then strain the butter into a stewpan; add the flour, a teaspoonful of salt, half a teaspoonful of pepper, and a little cayenne, also the milk, and stir over the fire till it thickens. When a little cool, add, one at a time, two yolks of eggs; beat this all well together and add the cheese; whip the three whites of eggs to a stiff froth, and stir in lightly to the cheese mixture. Pour into a pint soufflé-tin, previously buttered and lined outside with buttered paper coming two inches above the tin, and bake in a quick oven from twenty to thirty minutes. To serve, take off the paper and fold a clean napkin round the tin; but send it to table as quickly as possible, as it will fall as soon as it leaves the oven.

Cheese Tartlets.

Ingredients to make fourteen.

One gill of White Sauce.

Two ounces of Parmesan Cheese.

Two Eggs.

Cayenne and Salt.

Put the yolks of the eggs, the grated cheese, cayenne, and salt into the white sauce, and mix all well together; whip the whites of the eggs to a stiff froth and stir them in also very lightly. Line fourteen patty-pans with rough puff-pastry, fill in with the cheese mixture, and bake for twenty minutes in a quick oven. Do not bang the oven-door.

Choux Marin au Parmesan.

Ingredients.

One basket of Seakale.
Three ounces of Parmesan.
Two ounces of Butter.
Seasoning.

Wash the kale, cut it across and boil in salted water until tender. Then drain and place it on a greased dish in layers with grated cheese and seasoning between each. Sprinkle cheese over the top, pour some butter melted over all, and bake for about ten minutes or until slightly browned.

Cold Cheese Soufflé.

Ingredients.

One and a half ounces of Gruyère Cheese.
One and a half ounces of Parmesan.
Half a pint of Cream.
One gill of Aspic Jelly.
Cayenne and Mustard.

Grate the Gruyère and Parmesan, whisk the cream and jelly together, then stir in the cheese, season to taste with salt, cayenne, and made mustard, whisk the jelly and mix it in lightly; serve in Ramequin cases with a layer of aspic and a little grated cheese on the top.

Côtelettes au Fromage.

Ingredients.

Quarter pound of grated Cheddar Cheese.

Two ounces of Butter.

Two ounces of Flour (sifted).

Two Eggs.

Half gill of Water.

Mustard and Cayenne.

Breadcrumbs, Egg and Frying Fat.

Put one ounce of butter and the water on the fire in a saucepan. When boiling stir in the flour. Stir vigorously for a few minutes (till the sides and bottom of the pan are left clean). Cool a little and incorporate the two eggs. Pound the cheese and remaining ounce of butter, and mix these with the above ingredients, adding the mustard and cayenne at the last. Spread the mixture on to a buttered plate and let cool on the ice. Shape into cutlets, egg and crumb them, and fry in deep fat a golden colour. Serve with toast in strips. Garnish with tarragon.

Crème au Parmesan en Caisses.

Make a thick custard, season with pepper, salt, and cayenne. To one pint of custard add about three ounces of grated Parmesan cheese, and bake in cases.

Croustades.

Ingredients.

Half a pound of Puff-paste.
 Quarter of a pound of Quenelle Meat.
 Quarter of a pound of Chicken Mixture, or
 Quarter of a pound of Oyster Mixture.

Line some small plain moulds with puff-paste, fill them with raw rice to keep the paste in position, bake them a light brown, turn out the rice and the cases out of the mould and spread the inside of the cases with a thin layer of quenelle meat, fill the centre with chicken or oyster mixture, bake again a few minutes to cook the quenelle meat. Serve very hot on a folded serviette.

Croûtes à l'Alsacienne.

Ingredients.

One tablespoonful of Cream.
 Twelve Oysters.
 One Tomato.
 One ounce of Butter.
 One ounce of Flour.
 One gill of Stock.
 One teaspoonful of chopped Shalots and
 Mushrooms.
 Pepper and Salt.
 A little Cayenne.
 A few drops of Lemon-juice.
 Some Croûtes of Bread (about 6 or 8); or,
 Rounds of Pastry (lightly browned).

Take the oysters, just cook them in their liquor, then strain them, take off the beards and cut each oyster into four pieces; put the butter and flour

into a stewpan, add the chopped shalots and mushrooms, and when these are well cooked stir in the tomato previously rubbed through a sieve, add the stock and oyster liquor, pepper, salt, cayenne and lemon juice, a tablespoonful of cream, and then the pieces of oyster. Place a little of this mixture on each croûte, and lay a fillet of anchovy across the top.

Croûtes à la Bernadotte.

Ingredients.

Three ounces of Anchovy Paste.
One tablespoonful of good Sauce.
One and a half Yolks of Eggs.
One ounce of Butter.
Six Capers.
Some round Croûtes (fried).

Pound the paste and pass through a sieve, spread this upon the croûtes flat and smooth; cook the butter and egg lightly, season with salt and pepper, and pour a teaspoonful over each croûte. Serve hot.

Croûtes au Fromage.

Ingredients.

Four ounces of grated Cheese (mixed).
Two tablespoonfuls of Cream.
One ounce of warm Butter.
Salt.
Cayenne.

Mix these all together, and put one tablespoonful between two croûtes of fried bread.

Croûtes de Merluche Fumé.

Ingredients.

Half a pound of dried Haddock.
Two ounces of Butter.
One Egg, hard-boiled.
Two Gherkins.
Pepper and Salt.
Coral. Chopped Parsley.
Croûtes of Bread.

Mince up the fish and the gherkins, put them into a stewpan with the butter, pepper and salt, mix well together. When quite hot put a little heap of this mixture on the croûtes; sprinkle the tops of some with very finely chopped parsley and others with coral rubbed through a sieve, the yolk of egg rubbed through a sieve and the white of egg chopped finely; decorate with these three colours, green, yellow, and coral alternately.

Croûtes de Fromage Glacées.

Ingredients.

Two ounces of grated Parmesan.
Two ounces of Gruyère.
Half a pint of whipped Cream.
A gill and a half of whipped Aspic.
Cayenne, Salt, and Pepper.

Mix all these ingredients well together in a basin. Freeze this mixture in a mould or ice-box for about one hour, turn out, cut into small square pieces, and serve on croûtons of fried bread.

Homard à la Crème.

Ingredients.

One Lobster.
One gill of White Sauce.
One tablespoonful of Mayonnaise Sauce.
Pepper, Salt, Nutmeg.
One gill of Aspic Jelly.
Browned Bread-crumbs.

Mince half a pound of the meat of the lobster finely, put it into a basin with the white sauce, Mayonnaise, aspic jelly, pepper, salt, and nutmeg. Mix well, steam until quite hot, serve in Ramequin cases with browned bread-crumbs sprinkled over it.

Huîtres à la St. James.

Ingredients.

Twelve Oysters.
Half a pound of Puff Paste.
One gill of Béchamel Sauce.
One ounce of grated Parmesan Cheese.
Cayenne.

Roll the paste out very thin, and cut it out with a round cutter the size of a five-shilling piece; take the beards off the oysters, put one oyster on each piece of paste, cover it over with a spoonful of Béchamel sauce; sprinkle with a little grated cheese and cayenne. Bake in a quick oven, and serve with fried parsley in the centre.

Gauffres au Parmesan.

Ingredients.

Six ounces of Flour.

One Egg.

Half an ounce of Butter.

Half an ounce of Cheese.

Salt, Paprika, Water.

Sieve the flour on to the board, make a well in the centre, put in the butter, salt, egg, and some water. Mix these all well together before taking in any flour, then mix to a very dry elastic dough. Knead well. Roll it out, sprinkle with cheese. Fold in three, and put away for at least a quarter of an hour. Repeat this rolling, sprinkling, folding, and putting away three times. At the last rolling sprinkle the pastry with paprika. Take pieces of the pastry and roll them out as thin as a sheet of paper. Hang these up to dry, but keep them covered over, so that the pastry does not become brittle. Let the pastry stand for a couple of hours or longer before cooking.

To Cook.—Cut into rounds and fry in deep fat. The fat must not be too hot, only just hot enough to prevent them being greasy.

Note.—The same pastry, with vanilla sugar instead of cheese and pepper, makes a very delicious sweet.

They can be baked if wished.

Macaroni à l'Américaine.

Ingredients.

Quarter pound of Macaroni.
One ounce of Butter.
One ounce of Flour.
Half a pint of Tomato Purée.
Pepper, Salt, and a little Sugar
to taste.

Boil the macaroni in water with a little salt till quite tender, then strain, and wash it in cold water and cut it in small pieces. Melt the butter, add the flour and half a pint of purée of tomato, add seasoning, let it boil well, season to taste; then stir in the macaroni and make it hot. Dish it up on a hot dish, serve some croûtons of fried bread, and sprinkle a few brown bread-crumbs on top.

Macaroni Rossini.

Ingredients.

Quarter of a pound of straight large Macaroni,
"De Groult."
One Sausage.
Two ounces of Foie Gras or Liver F'aree.
One to two Yolks.
Seasoning.
Panurette, Cheese, Parsley.

Cook the macaroni very gently in stock for about ten minutes. Let it drain well. When dry, cut into four-inch lengths. Sieve together the foie gras and sausage meat, moisten with yolk of

egg, and season to taste. Fill the macaroni with this mixture, then egg and crumb the rolls and fry in deep fat.

EGGING AND CRUMBING.

Mix together one-third freshly made bread-crumbs and two-thirds Panurette, and use for crumbing. Coat twice. The second time mix a little grated cheese with the crumbs. Garnish with fried parsley and serve.

Mushrooms Farcis.

Ingredients.

Mushrooms.
One Shalot.
One ounce of Butter.
One teaspoonful of chopped Parsley.
A tablespoonful of Bread-crumbs.
Pepper and Salt.
A little Brown Sauce.

Take some mushrooms, not too large and as much of a size as possible, peel and trim them, chop up the trimmings with the shalot and parsley, sauté them in the butter, add a little brown sauce, the bread-crumbs, pepper and salt. Stuff the mushrooms with this mixture, put them in the oven for about ten minutes. Place each mushroom on a croûte of bread its own size, and serve very hot.

Œufs à l'Aurore.

Ingredients.

Five Eggs, hard-boiled.
Mix half a pint of good White Sauce and Tomato Sauce.
Yolk of one Egg, raw.
One tablespoonful of Tarragon Vinegar.
Salt and Cayenne.
Fried croûtons of Bread.
Two ounces of grated Parmesan.

Cut the whites of the eggs into strips, and rub the yolks through a wire sieve. Reduce the vinegar in a stewpan; add the sauce, then the raw yolk of egg, and cook. Season, add the shredded whites, and half the cheese to the sauce, and warm them up. Turn out on to a dish; sprinkle the yolk of egg and the rest of the cheese on the top and garnish with the fried croûtons.

Œufs à la Bonne Femme.

Ingredients.

Six Eggs, hard-boiled.
One ounce of Butter.
One teaspoonful of chopped Tarragon.
Beetroot cut into fancy shapes.
Small Salad.

Cut the eggs in halves and remove the yolks; pound these with the butter and tarragon. Fill eight of the whites with the mixture; garnish with the pieces of beetroot, and arrange on a dish with the small salad round.

Egg Cutlets.

Ingredients.

Two hard-boiled Eggs.
Half an ounce of Butter.
Three-quarters of an ounce of Flour.
One gill of Milk.
One teaspoonful of Curry Powder.
Salt and Pepper.
Lemon-juice.
One Egg.
Bread.
Fat for frying.

Melt the butter, and fry the curry powder and flour slightly, add milk, and stir over the fire until the mixture leaves the sides of the pan. Then add the hard-boiled eggs chopped up, also the seasoning. Turn the mixture on to a plate to cool. Make up into small cutlets, egg and bread-crumbs, and fry in hot fat. Serve with fried parsley and slices of lemon.

Œufs à la Madame.

Ingredients.

Fresh Eggs, as required.
Chopped Parsley.
Croûtons of Bread.
Anchovy or BLOATER Paste.
Butter.

Take some small fireproof china soufflé or fondue cases, butter them well inside with fresh butter, and sprinkle them with very finely chopped parsley.

Break an egg carefully into each cup, stand them up to the middle of the cups in boiling water and cook for ten minutes till quite hard. Cut some rounds of bread the size of the cups, fry these a nice brown in boiling fat, spread these croûtons with anchovy or bloaters paste, worked up with some butter. Turn the eggs out on to the croûtons, serve very hot.

Œufs à la Suisse.

Ingredients.

Two ounces of fresh Butter.

Eight Eggs.

Eight thin slices of Gruyère Cheese.

Two ounces of grated Gruyère Cheese.

Nutmeg.

Mignonette Pepper.

Salt.

One gill of double Cream.

A little chopped Parsley.

Spread the butter on the bottom of a dish and lay the slices of cheese on it; break the eggs upon the cheese, being careful not to disturb the yolks. Sprinkle some grated nutmeg, mignonette pepper and salt over them; mix the chopped parsley, the cream whipped, and the grated cheese together, and pour over them; bake in a quick oven about ten minutes. Hand very thin dry toast with the eggs.

Œufs Farcis à la Russe.

Ingredients.

Six hard-boiled Eggs.

Caviare.

Tomatoes.

Oil.

Vinegar.

Cut the eggs in half, and take out some of the yolk from the centre of each half; fill this space in with caviare, and cover over with the yolk rubbed through a sieve. Serve on slices of tomato, with a little salad oil, vinegar, and pepper and salt over them.

Œufs Farcis à la Provençale.

Ingredients.

Four Eggs, hard-boiled.

Three Anchovies, boned.

One teaspoonful of Essence of Anchovy.

Watercress.

Two ounces of Butter.

Lettuce.

Cayenne and Salt.

Cut the eggs carefully in half, and remove the yolk without breaking the white. Pound the yolks of eggs, the anchovies, watercress, butter, anchovy-essence, cayenne, and salt; when well pounded rub through a hair-sieve. Fill in the white of egg cases neatly with this mixture, putting small handles of parsley-stalks across

the tops. Dish up on shredded lettuce, and the remainder of the mixture in the centre with a little mayonnaise sauce.

Oysters à la St. Patrick.

Ingredients.

Croûtons of Bread.
Oysters.
Two ounces of Butter.
Soft roes of Bloaters.
Salt.
Lemon-juice and Cayenne.

Take the beards off the oysters and sauté them with the soft roes of bloaters in the butter, sprinkle over a little salt and cayenne. Have some round croûtons fried a nice brown, place a nice piece of roe on each croûton and an oyster on the top. Squeeze a few drops of lemon-juice on each and serve very hot.

Petits Nids en Surprise.

Ingredients.

Four ounces of Short-crust Pastry, with half an ounce of Cheese worked in.
Some Choux Pastry.
One jar of Cream Lucullins.
Some small Eggs, made from hard-boiled yolk, Butter and Paprike
Chopped Parsley and Pistachio.
Meat Glaze, Cream.

Roll out the short crust less than a quarter of an inch thick, stamp out some small rounds. Force a border of choux pastry round the edge, make it look rough with a fork, and bake a light brown in a moderate oven. When cold brush the nests over with meat glaze, sprinkle with chopped parsley and pistachio nuts. Fill the centre with some "Crème Lucullus" which you have lightened out with a little cream. Place two to three eggs in each nest and serve.

Ravioli à l'Italienne.

Ingredients.

Quarter of a pound of short Crust.
Quarter of a pound of cooked Fowl.
Salt, Cayenne, Nutmeg.
Half a pint of Brown Sauce.
One ounce of Parmesan Cheese.

Pound the fowl well and season thoroughly. Roll the paste out thinly, lay the pounded fowl on in little heaps, fold the paste over and cut out like small croquettes. Let these stand for half an hour to dry thoroughly. Then drop them into boiling water and cook for about ten minutes. Drain, and serve with the cheese and sauce over.

Sardines à la Pietmontaise.

Fry some bread in boiling fat, and having taken the scales off some sardines, making them hot in

the oven, put them on the fried bread, and pour over them the following sauce, made with—

Yolks of four Eggs, well whipped.
Half an ounce of Butter.
One teaspoonful of Tarragon Vinegar.
One teaspoonful of Malt Vinegar.
A little made Mustard.
Salt.

Stir these well together over the fire till the sauce thickens ; it must not boil.

Savoury Cream.

Ingredients.

A small Lobster.
Half a pint of Cream.
One gill of Aspic Jelly.
One tablespoonful of Mayonnaise.
Half an ounce of French Gelatine.
One gill of Tomato-juice.
Tarragon and Chervil.

Decorate a border mould with tarragon and chervil leaves and some nice pieces of lobster. Melt the gelatine in the tomato juice, whip the cream and the aspic jelly, mix these together, stir in the mayonnaise and the melted gelatine, also some small pieces of lobster, fill the mould carefully and set. When cold, turn out and fill the centre with small salad.

Scotch Eggs.

Ingredients.

Three Eggs, hard-boiled.
Half a pound of Quenelle or Sausage Meat.
Egg and Bread-crumbs.
Tomato Sauce.

Remove the shells from the eggs and cover them thinly with the quenelle or sausage meat. Then egg and crumb carefully and fry in hot fat. Cut each egg carefully in half; arrange the cut side upwards on a dish, and serve tomato sauce round.

Smoked Salmon.

Ingredients.

Smoked Salmon.
Two tablespoonfuls of Salad Oil.
One tablespoonful of Lemon-juice.
One teaspoonful of chopped Parsley.

Mix the oil, lemon-juice and chopped parsley together; cut the salmon into slices about the eighth of an inch thick, and lay them for about ten minutes in the oil mixture; put them on a greased tin, cover over with buttered paper, and put them in the oven for about five minutes just to get hot through. Serve plain, or, with a little maître d'hôtel butter spread over each slice of salmon.

Soufflé de Merluche Fumé.

Ingredients.

A dried Haddock.
One ounce of Butter.
Three Eggs.
Pepper, Salt, Nutmeg.
One gill of Cream.

Scald and bake the haddock, take half a pound of the meat free from skin and bones, pound it in a mortar with one ounce of butter, rub this through a hair-sieve, then put it into a basin, add the yolks of eggs one by one and mix well, stir in the cream whipped, a little pepper, salt, and grated nutmeg. Whip the whites of eggs to a stiff froth and stir in very lightly. Pour this mixture into a Ramequin case and bake about ten minutes. Serve very hot.

Talmouse de Merluche Fumé.

Ingredients.

Three ounces of Flour (sifted).
Three ounces of Butter.
Two ounces of grated Parmesan Cheese.
Two yolks of Eggs.
One teaspoonful of Lemon-juice.
Smoked Haddock.
Paprika and Cayenne Pepper.
One tablespoonful of White Sauce.

Prepare a short-crust paste with the flour, two ounces of butter, a pinch of cayenne, one ounce of

cheese, one yolk of egg, lemon-juice, and a little water.

Put about half a small haddock in a tin, with a little butter, into the oven for ten minutes ; remove the skin and bones, and chop the flesh finely ; mix with the remainder of butter and cheese ; season with paprika, and moisten with the sauce and half a yolk of egg.

Roll out the paste one-eighth of an inch thick ; stamp out some rounds with a two-inch cutter. Put a tablespoonful of the mixture in the centre of each round, wet the edges, and take up these edges in such a manner as to form a triangular shape, similar to a pope's cap (Talmouse). Brush over with egg, sprinkle a tiny pinch of paprika on top of each, and bake in a moderate oven for ten minutes. Dish up, and serve hot.

Timbales of Haddock à la Génoise.

Ingredients.

Half a pound of Haddock (dried Haddock).

One gill of white Sauce.

Half an ounce of Gelatine.

One gill of whipped Cream.

Salt, Cayenne, and Lemon-juice.

Half a pint of Aspic Jelly for decoration.

Cook the haddock in the oven on a greased baking-sheet covered with a greased paper, then take the fish off the bone and chop it very small.

ing. Fill each tomato with the mixture, and sprinkle over each a little browned crumbs, in which has been mixed the Parmesan cheese. About ten minutes in a moderate oven will suffice to cook them; they should be quite tender, but not broken.

Cassolettes de Saumon.

Ingredients.

Quarter of a pound of Pastry.

Quarter of a pound of Kippered Salmon.

Two tablespoonfuls of Chutney.

French and English Mustard.

Half a pint of Aspic Jelly.

Roll the paste thinly and line six oval tin dariole moulds. Fill these with raw rice, and bake. When done, remove the rice and let the pastry cases get cold. Cut the salmon into six thin slices. On each slice put a little chutney, some French and English mustard. Then roll up the slices of salmon, wrap each in greased paper, and bake about ten minutes. Remove the papers and let the fish get cold. Place a roll of salmon in each pastry case. Melt the aspic jelly, and pour sufficient over the fish to cover it. When set, it is ready to serve.

PASTRY.

Cheese Pastry.

Ingredients.

Two ounces of Butter.

Two ounces of Flour.

Two ounces of Parmesan Cheese.

One ounce of Cheddar Cheese.

Yolk of one Egg.

Salt and Cayenne.

One dessertspoonful of Water.

Put the flour on a paste-board, sprinkle in a little salt and cayenne, and rub in the cheese, grated, and the butter; mix all these together with the yolk of an egg and the water into a smooth stiff paste. Roll this out into a strip one-eighth of an inch thick and five inches long; cut this into strips of equal sizes, also some rings. Grease a baking-sheet, put the straws and rings on it, and bake in a hot oven ten minutes till they are a pale brown.

For serving, stand the straws through the rings like a bundle of sticks.

Flaky Crust.

Ingredients.

Three-quarters of a pound of Flour.

Half a pound of Butter.

Salt.

Put the flour and a little salt into a basin and mix to a stiff paste with about a gill of cold water. Put this on a paste-board and roll it out to a thin sheet. Divide the butter into three equal portions ; take one portion and spread it over the paste with a knife, sprinkle a little flour over it, fold it in three, and roll it out ; repeat this twice. When all the butter is rolled in, roll out the paste to the size required for a fruit tart or an open tart, and it is ready for use.

Genoese Pastry.

Ingredients.

Seven Eggs.

Eight ounces of Castor Sugar.

Six ounces of Butter.

Six ounces of Flour, sifted.

Put the eggs and sugar into a basin ; stand the basin over a stewpan of boiling water, and whip well for twenty minutes. Take a cake-tin and line it with kitchen paper ; melt the butter, and grease both cake-tin and paper with some of it ; when the eggs and sugar are sufficiently whipped

stir into them the flour and the remainder of the melted butter. Turn the mixture into the prepared tin, and bake in a moderate oven for about thirty minutes.

Petits Choux.

Ingredients.

Half a pint of Water.

Two ounces of Butter.

Four ounces of Flour.

One Yolk and two whole Eggs

Essence of Vanilla or Orange.

A little Salt.

Put the water, butter, and salt into a stewpan; as soon as these begin to boil, draw the stewpan off the fire and add the flour, stir these well together over the fire with a wooden spoon until it becomes a soft paste; now add the flavouring and yolk of one egg, beat these well together and add the two whole eggs one at a time. Place this paste on a baking-sheet in round balls, bake a very light brown, and serve either plain or filled with whipped cream.

Puff Paste.

Ingredients.

Half a pound of Flour.

Half a pound of fresh Butter.

Salt.

Lemon-juice.

Take a clean cloth, and squeeze all the water out of the butter. Put the flour on a marble slab or a paste-board, in a heap; make a well in the centre, put in a pinch of salt, a teaspoonful of lemon-juice, and enough water to make a paste of the same consistency as the butter. Roll this paste out to a quarter of an inch in thickness. Put the butter on half this paste, fold the other half over it, cover it entirely, and press the edges together with your thumb. Let this stand in a cool place for a quarter of an hour, then roll it out and fold it over in three; turn it with the rough edges towards you, roll it again, fold it in three, and put it aside for a quarter of an hour. Repeat this until the paste has been rolled out seven times; it is then ready for use either for a vol-au-vent, or patties, or tartlets, or pie-crust.

Rough Puff.

Ingredients.

Eight ounces of Flour.

Six ounces of Butter.

Salt.

Half a teaspoonful of Lemon-juice.

Put the butter and flour on a paste-board, chop up the butter in the flour, heap it all up on the board, make a well in the centre, put in the lemon-juice, and sprinkle the salt over. Take a full tablespoonful of cold water, and mix it slowly

and lightly with your fingers into the flour and butter, adding more water if necessary until you get a stiff paste. Roll this out, fold it over in half, turn it with the rough edges towards you, roll it and fold it again ; repeat this twice more, so that it is rolled out and folded four times in all. It is now ready for use for a meat pie, apple tart, or tartlets.

Short Crust.

Ingredients.

Eight ounces of Flour.

Six ounces of Butter.

Half a teaspoonful of Baking-powder.

One Egg.

One teaspoonful of Castor Sugar.

Put the flour into a basin with the sugar and mix in the baking-powder ; rub the butter into the flour with your hands ; add the yolk of egg and enough cold water to make a stiff paste. Put the paste on a floured board and roll it out to a quarter of an inch in thickness. It is now ready for use for tarts, turnovers, or baked dumplings.

Vol-au-Vent de Pommes à la Reine.

Ingredients.

Two pounds of Apples.

Four ounces of Castor Sugar.

One gill of Water.

One tablespoonful of Lemon-juice.

The Rind of a Lemon (grated).

Put the apples peeled and cored into a stewpan with the sugar, lemon-juice and rind, and the water, and cook all well together, then rub through a hair-sieve. Butter the bottom of a stewpan, grate a little nutmeg in the butter, pour in the apple, and let it cook till it is like marmalade. Pour this mixture into a vol-au-vent case already cooked, and cover over with a meringue top made of the whites of two eggs well whipped, and four ounces of castor sugar stirred in; put this in the oven till the meringue top is a nice light brown. If liked, whipped cream can be used for the top instead of the meringue.

OMELETS.

Cheese Omelet.

Ingredients.

Three Eggs.
One ounce of grated Parmesan.
Mignonette Pepper.
Salt.
One ounce of Butter.

Break the eggs into a basin and whip them till well mixed ; then add pepper, salt, and the cheese. Melt one ounce of butter in the omelet pan, and turn in the eggs ; stir quickly to prevent the omelet from sticking. When just set, turn it quickly over towards the handle of the pan for a second, and then on to a hot dish.

Kidney Omelet.

Ingredients.

One Sheep's Kidney.
Parsley.
Three Eggs.
A piece of Shalot.
One ounce and a half of Butter.
Salt and Pepper.

Skin the kidney and cut up into thin slices, break the eggs into a basin, beat well and season with a pinch of white pepper and salt, and add the chopped parsley. Put half the butter in an omelet-pan; when hot add the chopped shalot, fry a little, add the kidney, and sauté for a few seconds. Put the remainder of the butter in another omelet-pan; when hot put in the egg-mixture, and proceed the same as for Savoury Omelet. When set and ready for folding, put the stewed kidney in the centre fold, turn on a dish, and serve with a tablespoonful of hot demi-glace sauce poured round the omelet.

Oyster Omelet.

Ingredients.

Three Eggs.

Six Oysters.

Pepper and Salt.

Blanch and beard the oysters and cut each into four. Separate the yolks from the whites of the eggs, beat the yolks a little, and add the oysters and pepper and salt. Whip the whites to a stiff froth and stir lightly to the yolks. Put the mixture into the omelet-pan for two or three minutes over the fire, stirring all the time.

Savoury Omelet.

Ingredients.

Three Eggs.
One ounce of Butter.
Salt and Pepper.
Parsley.
Shalot.

Break three eggs into a basin and whip them ; add pepper and salt to taste. Chop finely a tea-spoonful of parsley and a very small piece of shalot and add that. Melt one ounce of butter in an omelet- or frying-pan and fry the shalot in it ; then pour in the eggs ; stir quickly with a spoon, and shake the pan to prevent the omelet sticking. Turn it quickly towards the outside of the pan, turn it over for a second, and then place on to a hot dish.

Sweet Omelet.

Ingredients.

Three Eggs.
Half an ounce of Butter.
One tablespoonful of Castor Sugar.
One teaspoonful of Orange-Flower Water.
Salt.

Put the orange-flower water and the sugar into a stewpan, and stir over the fire ; let it boil quickly for three minutes ; then put it into a basin to cool. When cool, add the yolks of eggs

and beat to a cream. Put a pinch of salt to the whites of eggs, whip them to a stiff froth, and stir them lightly to the yolks of eggs. Melt the butter in an omelet-pan, and pour in the eggs ; put this on the fire for two minutes, and then in the oven for three or four minutes. Make some jam, about a dessertspoonful, quite hot ; take the omelet out of the oven and put it on a hot dish, spread the jam on the omelet lightly and quickly, fold it over like a sandwich, sprinkle a little castor sugar over it, and serve.

Tomato Omelet.

Ingredients.

One Tomato.

Three Eggs.

A piece of Shalot.

One ounce and a half of Butter.

Skin the tomato, cut it up into small pieces, with a piece of shalot chopped up. Take the eggs, beat the yolks and whites together ; sauté the tomato and shalot in half the quantity of butter, season with pepper and salt and keep hot. Put the remainder of the butter in an omelet-pan, when hot stir in the beaten eggs, previously seasoned, and proceed the same as for Savoury Omelet. When set, put the prepared tomatoes in the centre, fold over, turn out on a dish, and serve with a tablespoonful of tomato sauce round the omelet.

Omelet Soufflé.

Ingredients.

Six Eggs.

Half an ounce of Flour.

Three ounces of Castor Sugar.

Fifteen drops of Essence of Vanilla.

Put four yolks of eggs into a basin, add the castor sugar, and beat with a wooden spoon for ten minutes; then stir in the flour and vanilla; whisk the six whites of eggs to a stiff froth, and mix lightly to the yolks of eggs. Butter a half-pint soufflé-tin, pour in the mixture, and bake in a quick oven for ten minutes; send to table quickly. If jam is used, it must be put in the centre of the soufflé before it is baked.

HOT PUDDINGS AND SOUFFLÉS.

Amber Pudding.

Ingredients.

Six large Apples, or one pound after peeling.

Three ounces of moist Sugar.

One Lemon.

Two ounces of Butter.

Three Eggs.

Puff Paste.

A few preserved Cherries.

Peel, core, and slice the apples ; place them in a stewpan with the butter, sugar, and lemon-rind, and let them stew slowly until tender. Then rub them through a hair-sieve. Line the edges of a pie-dish with puff-paste, and decorate it tastefully. Add the yolks of the eggs to the apple, and pour the mixture into the pie-dish. Place it in a moderate oven for about twenty minutes. Whip the whites very stiff ; spread them over the apple, dredge over a little castor sugar ; garnish with the cherries. Then place the pudding in a cool oven to set the white of eggs ; it will take about ten minutes, and should get a light brown.

Alexandra Pudding.

Ingredients.

Five Eggs.

Two ounces of Castor Sugar.

One gill of Cream.

Half a pint of Milk.

One teaspoonful of Essence of Vanilla.

Put five yolks of eggs into a basin, add the sugar, milk, and cream. Whip five whites of eggs slightly, add the vanilla and stir lightly to the yolks of eggs. Take a pint plain mould, butter it inside, and cover the bottom with three rounds of buttered paper. Pour the mixture through a strainer into the mould, and tie a piece of stiff paper over the top. Steam the pudding *gently* for one hour and a quarter. When cooked, stand the mould in ice. For serving, turn it out carefully, and ornament it with red currant jelly.

Brown Bread Pudding.

Ingredients.

A stale Brown Loaf.

One pound of fresh Cherries.

Three ounces of Castor Sugar.

Four Eggs.

One Lemon.

One gill of Cream.

One gill of Milk.

Half a teaspoonful of Essence of Vanilla.

Two ounces of Loaf Sugar.

A gill and a half of Water.

Put five ounces of brown bread-crumbs into a basin with the sugar, and three-quarters of a pound of cherries, stoned, the vanilla, and grated lemon-rind. Boil the milk and pour it over the crumbs and fruit. Whip the cream to a stiff froth and add it to the crumbs ; add the four yolks of eggs one at a time, and the whites of two eggs whisked to a stiff froth. Butter a pint mould and pour in this mixture, cover it over with buttered paper, and steam or bake one hour and a quarter. Turn it out on to a hot dish, and serve with sauce made with two ounces of loaf sugar, a gill and a half of water, and a quarter of a pound of cherries.

Baked Lemon Pudding.

Ingredients.

Three ounces of Castor Sugar.

Three Eggs.

Two Lemons.

One gill of Cream or Milk.

Two ounces of Cake-crumbs.

Puff-pastry.

Grate the lemon-rinds and squeeze the juice ; mix these with the castor sugar, yolks of eggs, cream, and cake-crumbs. Stir all well together in a basin ; whip two whites stiff, and mix them lightly to the other ingredients. Line and decorate the edges of a pie-dish with puff-pastry ; turn in the pudding, and bake for about twenty-five minutes in a moderate oven.

Cabinet Pudding.

Ingredients.

Twelve preserved Cherries.
Three pieces of Angelica.
Four Sponge Cakes.
Six Ratafias..
Three gills of Milk.
One ounce of Castor Sugar.
Four Eggs.
Fifteen drops of Essence of Vanilla.

Butter a pint-and-half mould, ornament the bottom with the cherries and angelica, break the sponge cakes and put into the mould, also the ratafias. Put four yolks and two whites of eggs into a basin with the sugar; whip them lightly together, stirring in the milk by degrees, and the vanilla; pour this mixture over the cakes in the mould. Cover the mould with a piece of buttered paper, and steam for about three-quarters of an hour. Turn the pudding out carefully, and serve.

Caramel Pudding.

Ingredients.

For the Caramel :—

Two ounces of Loaf Sugar.
Half a gill of Cold Water.

For the Pudding :—

Four Yolks and two Whites of Eggs.
One tablespoonful of Castor Sugar.
Half a pint of Milk.

Put two ounces of loaf sugar and a half gill of cold water into a stewpan, and boil quickly until light coffee colour, stir well and pour it quickly into a thoroughly dry, plain soufflé or timbale mould, and let it coat the mould all over. Make a custard of the four yolks, two whites of egg, the castor sugar and the milk, thus: break the eggs into a basin, add the sugar, boil the milk, and when a little cool pour it on to the eggs and sugar, then strain it into the mould you have lined with caramel; steam it very slowly for half an hour. Turn it out on to a dish, and some of the caramel will run off and form a sauce. Can be served hot or cold.

Cocoanut Pudding.

Ingredients.

Half a pint of Milk.

Half a pound of grated Cocoanut.

Two tablespoonfuls of Cake-crumbs.

Two tablespoonfuls of Castor Sugar.

Two ounces of Butter.

Half a pint of Cream.

Six Eggs.

Two teaspoonfuls of Vanilla.

Cook the cocoanut in the milk; cream the butter and sugar together, beat up the yolks of eggs, and add to the butter and sugar. When the milk is off the boil, stir the eggs, cream, butter, and sugar, the cake-crumbs and vanilla, to it; also add three whites of eggs whipped to a stiff froth. Put this into a pie-dish, and bake for half an hour.

Whip the other three whites of eggs to a stiff froth with three tablespoonfuls of castor sugar and a little vanilla. Just before the pudding is done, spread this meringue on the top of it, and brown it lightly in the oven.

Conservative Pudding.

Ingredients.

Five ounces of Savoy and Ratafias (mixed).

The Yolks of five Eggs and one White.

Half a gill of Rum or Brandy.

One pint of Milk.

One tablespoonful of thick Apricot Jam.

Take a soufflé tin and well grease it, put the biscuits into it in layers with a little apricot jam between each layer, pour in the rum and let it soak in well, then pour in the milk and eggs, thoroughly mixed together. Cover over the tin with a greased paper, and steam for one hour.

Fig Pudding.

Ingredients.

Half a pound of Bread-crumbs.

Half a pound of Beef Suet.

Half a pound of Sugar.

Half a pound of Figs.

Quarter of a pound of Sultanas.

Two ounces of Flour.

Two ounces of Citron.

Two ounces of Almonds.

One ounce of Bitter Almonds.
One glass of Brandy.
Rind of one Lemon, grated.
Half a Nutmeg.
Two ounces of Cherries.
Two ounces of Angelica.
One gill of Cream.
Four Eggs.

Chop the suet, figs, almonds, cherries, and angelica very fine; mix all well, and add the dry ingredients; mix again, and stir in the eggs, cream, and brandy. Boil for four hours or steam for five.

Plum Pudding.

Ingredients.

Half a pound of Beef Suet.
Half a pound of Raisins.
Half a pound of Currants.
Half a pound of Sultanas.
Quarter of a pound of mixed Peel.
Quarter of a pound of Bread-crumbs.
Quarter of a pound of Flour.
One Lemon.
Half a pound of moist Sugar
Four Eggs.
One gill of Milk.
One wineglassful of Brandy
Two ounces of Almonds.
Half a Nutmeg.
A little Salt.

Chop up the suet, wash and dry the currants, stone the raisins, clean the sultanas, taking off the stalks, cut up the peel, blanch and chop up the almonds. Put the flour into a basin and rub the

suet into the flour with your hands, sprinkle in a little salt, add the crumbs, currants, raisins, sul-tanas, sugar, and peel, and mix all well together. Grate in half a nutmeg, the rind of the lemon, and add the almonds. Put the eggs into another basin, stir to them the milk and brandy, and mix them with the fruit, &c., taking care to mix all these ingredients very thoroughly together. Turn the pudding into a mould or floured pudding-cloth, put it into boiling water, and let it boil for five or six hours.

Pine-apple Soufflé.

Ingredients.

Three ounces of Pine-Apple.
Three ounces of Flour, sifted.
Three ounces of Sugar.
Two ounces of Butter.
Half a pint of Milk.
Yolks of three Eggs.
Whites of four Eggs.

Melt the butter in a stewpan, and add the flour and milk ; cook well ; add the sugar and the pine-apple, previously cut into dice ; add the yolks one by one ; whip the whites very stiff ; stir in the mixture very lightly ; pour into a prepared soufflé mould ; steam one hour and a half.

SAUCE.

Reduce one gill of the syrup from the pine-apple, add one ounce of loaf sugar, and one glass of

sherry ; colour with cochineal ; pour round the pudding. Some small pieces of pine-apple may be added to the sauce.

Raspberry Pudding.

Ingredients.

Quarter of a pound of Butter.

Three Eggs.

Raspberry Jam, about half a pound.

Half a pound of Bread-crumbs.

Quarter of a pound of Sugar.

Beat the butter and sugar to a cream, then add the eggs and bread-crumbs. Butter a shape well, and coat it with brown crumbs. Put a layer of mixture and a layer of jam alternately, till the shape is full. Bake one hour in a moderate oven.

Semolina Soufflé.

Ingredients.

One pint of Milk.

Three ounces of Semolina.

Two ounces of Castor Sugar.

Four Eggs.

Rind of one Lemon.

Put the milk on to boil ; sprinkle in the semolina and sugar ; add the peel of the lemon, cut very thin ; stir till it thickens, then take out the lemon-peel. Let it cool a little, and then stir in

the yolks of three eggs and the whites of four eggs whipped to a stiff froth. Grease a soufflé mould, pour in the mixture, and steam it for twenty minutes.

Mince Meat.

Ingredients.

One pound and a half of Beef Suet chopped fine.
One pound and a half of Raisins " "
Two pounds of Currants.
Two pounds of Apples, chopped very fine.
Quarter of an ounce of mixed Mace and Cinnamon powdered.
Four Cloves powdered.
One pound and a half of Castor Sugar.
A saltspoonful of Salt.
The juice of three Lemons and the rinds grated.
Half a pound of mixed Peel chopped fine.
One gill of Brandy.
One gill of Port.

Mix all these ingredients well together, and tie down in a jar until required for use.

Viennoise Pudding.

Ingredients.

Five ounces of crumb of Bread.
Three ounces of Castor Sugar.
Two ounces of Candied Peel.
One ounce of Loaf Sugar.
Three ounces of Sultana Raisins.
Rind of one Lemon.

Yolks of four Eggs.
Half a pint of Milk.
One gill of Cream.
One wineglassful of Sherry.

Cut the bread into dice, shred the candied peel, grate the lemon-rind, and pick the sultanas. Put these all into a basin with the castor sugar. The loaf sugar is to be placed in a saucepan and put on the fire to burn a dark-brown colour. Then add the milk, and let the burnt sugar dissolve in the milk. Pour this to the yolks, previously whisked, and then strain over the bread and other dry ingredients in the basin; add the cream and sherry. Pour the pudding into a well-greased mould, and set it in a saucepan to steam for an hour and a half. Serve with wine sauce.

Vanilla Soufflé.

Ingredients.

Four Eggs.
One ounce of Butter.
One ounce of Flour.
Salt.
One gill of Milk.
One dessertspoonful of Castor Sugar.
Half a teaspoonful of Essence of Vanilla.

Butter a pint-and-half soufflé-tin; tie a band of buttered paper round the tin, coming two inches above it. Melt an ounce of butter, add to it an ounce of flour, mix them well together, and add the castor sugar and milk; stir this over the

fire till it thickens. Then take it off the fire, and add, one at a time, the yolks of three eggs, beating all well together. Put a pinch of salt to the four whites of egg, whip them to a stiff froth, and stir lightly to the mixture; add the vanilla essence, pour it all into the buttered tin, and steam from thirty to forty minutes. Turn it out on to a hot dish, and pour some wine sauce or custard sauce round it.

West-Riding Pudding.

Ingredients.

Jam.

Two Eggs.

The weight of the Eggs in Butter,

Sugar, and Flour.

Half a teaspoonful of Baking-powder.

Rind of one Lemon, grated.

Puff-paste.

Beat the butter to a cream, and stir into it the flour, sugar, and the eggs beaten up; add the baking-powder and lemon-rind. Line a pie-dish with puff-paste, cover the bottom of the dish with jam, pour in the mixture, and bake for one hour and a quarter.

CREAMS, JELLIES, ICES, COLD SWEETS.

Apricot Cream.

Ingredients.

Half a pint of Apricot Purée.
One gill of Syrup.
Half a pint of whipped Cream.
Three ounces of Castor Sugar.
One ounce of French Gelatine.
One teaspoonful of Lemon-juice.

Take a tin of apricots and strain them from the syrup, pass them through a hair-sieve. Take half a pint of this purée, add the sugar, and mix lightly with half a pint of double cream whipped. Dissolve the gelatine with a gill of the syrup you have strained from the apricots, add lemon-juice, and strain into the cream. Decorate a mould according to taste, set the mould in ice, pour in the cream, and set in ice till quite cold, then turn out and serve.

Coffee Cream.

Ingredients.

Two Eggs.
One ounce of Gelatine.

Three ounces of Loaf Sugar.
Half a pint of Milk.
Half a pint of Cream.
Half a gill of strong Coffee,
or Essence of Coffee.

Make half a pint of custard with the eggs and milk. Dissolve the gelatine and sugar in the coffee; add the custard, and strain; whip the cream, and stir lightly into the custard when cool. Pour into the mould, and set.

Gâteau de Riz.

Ingredients.

One quart of Milk.
Four ounces of Rice.
Three ounces of Castor Sugar.
Three-quarters of an ounce of Gelatine.
Half a pint of Double Cream.

Boil the milk and stir in the rice, and cook very gently till quite tender; turn this into a basin, and when nearly cold dissolve the gelatine with a gill of milk, then add the sugar, and strain into the rice, add the cream half-whipped, and mix very lightly. Decorate a mould with a little jelly and pistachio nut, set it in ice; pour in the rice and set. Serve with a compôte of fruit in the centre.

Ginger Cream.

Ingredients.

Yolks of three Eggs.
One ounce of Castor Sugar.
One gill of Milk.
Half a gill of Ginger Syrup.
Half a pint of Cream.
Two ounces of Ginger.
Three-quarters of an ounce of Gelatine.

Make a custard of the eggs, milk, and sugar ; when cool, add to this the syrup of ginger, the ginger cut into small pieces, and the gelatine melted, last of all the cream whipped ; mix all well together ; pour into a mould to set.

Italian Cream.

Ingredients.

Yolks of four Eggs.
Half a pint of Milk.
Half a pint of Double Cream.
One ounce of Castor Sugar.
One ounce of melted Gelatine.
One wineglassful of Curaçoa.
(Or half a wineglassful of Brandy and
half a wineglassful of Sherry.)

Make a custard with the eggs and milk ; add the sugar, gelatine, and curaçoa. When cool, mix in the cream whipped ; stir all together, and mould.

Neapolitan Cream.

Ingredients.

Yolks of four Eggs.
Half a pint of Milk.
Half a pint of Double Cream.
One ounce of melted Gelatine.
Half a pint of Jelly.
One ounce of dried Cherries.
Three ounces of Preserved Ginger.

Make a custard with the eggs and milk, and let it cool ; cut up the ginger very small, cook it for ten minutes in one gill of syrup, and let it also cool. Decorate a mould all over with the jelly and dried cherries. Stir the melted gelatine, the ginger, and the cream, whipped, into the custard pour all into the decorated mould, and set.

Pine-Apple Cream.

Ingredients.

The half of a Pine-apple.
Half a pint of Double Cream.
Three-quarters of an ounce of French Gelatine.
Three ounces of Castor Sugar.

Take the pine-apple and trim it well, cut it in half, cut one half into dice, the other half pound in a mortar and pass through a hair-sieve. Whip the cream, and add the purée of pine-apple, also the dice of pine. Dissolve the gelatine

in a gill of the pine-apple syrup, add the sugar, and, when nearly cold, strain it into the cream, pour it into a decorated mould, and set it in ice.

Rice Cream.

Ingredients.

One pint of Milk.
 Three ounces of Loaf Sugar.
 Two ounces of ground Rice.
 Half an ounce of French Gelatine.
 Half a pint of Double Cream.

Boil the milk and sugar together, stir in the ground rice and cook it for about six minutes, then draw it off the fire. Dissolve the gelatine in a gill of milk and stir it to the rice, add the cream whipped, mix all lightly together, pour into a mould decorated according to taste; when set turn it out, and it is ready to serve.

Strawberry Cream.

Ingredients.

One pint of fresh Strawberries.
 Three ounces of Castor Sugar.
 Three-quarters of an ounce of French Gelatine.
 Half a pint of Cream.
 The juice of one Lemon.

Take all the stalks off the strawberries, put them on a silk or hair-sieve, sprinkle half an ounce

of sugar over them, and pass them through the sieve. Put the gelatine into a stewpan with two tablespoonfuls of cold water, the rest of the sugar, and the juice of the lemon. When the gelatine is melted, strain it into the strawberries, add the cream well whipped, stir all lightly together, pour into a pint mould, and set.

Crème Wafren aux Fraises.

Ingredients.

Genoese Pastry.

Eight Wafer Biscuits.

Two ounces of Ratafias.

Lemon-juice.

One ounce of Sugar.

Some Royal Icing.

Apricot Marmalade.

One pound of Small Red Strawberries.

Angelica.

Brandy.

One pint of Cream.

Pick out about a dozen of the best strawberries for decoration. Cut up the remainder, mix with the ratafias (chopped), sugar, lemon-juice, and brandy, and let them soak for about one hour. Take a round of Genoese pastry, spread the edge with apricot marmalade. Place it on the dish it is to be served on, and stand the wafer biscuits round the edge, pressing them into the apricot marmalade. Pipe them with royal icing, just one

rose inside each biscuit, to secure it to the pastry, then up the joining of the biscuits, round the top and bottom. Tie a band of ribbon round the centre of the biscuits and let the case stand for some time to set the icing. Whisk the cream, strain the brandy from the fruit, mix the fruit with the cream, fill up the biscuit case, decorate to taste with strawberries and angelica, and serve.

Vanilla Cream.

Ingredients.

Three Eggs.

Half a pint of Milk.

Half a pint of Double Cream.

One ounce of Gelatine.

Two ounces of Castor Sugar.

Half a teaspoonful of Essence of Vanilla.

Make a custard of the milk, three yolks of eggs and one white, melt the gelatine in two table-spoonfuls of water, and strain it into the custard, mixing it well. Whip the cream to a stiff froth, adding the sugar and vanilla. When the custard is sufficiently cool, stir the whipped cream lightly into it, and pour it into a mould to set.

Velvet Cream.

Ingredients.

Three-quarters of an ounce of Gelatine.

Two ounces of Castor Sugar.

One glass of Sherry.

The rind of one Lemon.

Half a pint of Double Cream.

One gill of Water.

Melt the gelatine in one gill of water, then add the sugar, sherry, grated rind of one lemon, and the cream whipped to a stiff froth; pour into a mould to set. Do not add the cream until the melted gelatine is cool.

Apple Jelly.

Ingredients.

One pound of Apples.

Half a pint of Cream.

One Lemon.

Three ounces of Lump Sugar.

One ounce of Gelatine.

Half a teaspoonful of Cochineal.

Three gills of cold Water.

Peel, core, and cut up the apple into small pieces, put them into a stewpan with the sugar, half a pint of water, the juice and grated rind of the lemon; when cooked to a pulp, rub through a

hair-sieve, and stir in the gelatine melted in a gill of water. Colour part of the apple with the cochineal, and fill a border mould with alternate layers of the coloured and plain apple. When cold, turn out, and serve with half a pint of whipped cream in the centre.

Aspic Jelly from Calves' Feet.

Ingredients.

Two Calves' Feet.
 Salt.
 Thirty Peppercorns.
 Two blades of Mace.
 One clove of Garlic.
 Two Shalots.
 One sprig of Thyme.
 One small bunch of Parsley.
 One Onion, stuck with four Cloves.
 One Leek.
 Half a head of Celery.
 Two Carrots.
 One Turnip.
 One sprig of Tarragon.
 One sprig of Chervil.
 Two Bay-leaves.
 The rind and juice of one Lemon.
 The Whites of two Eggs.
 Half a gill of common Vinegar.
 One tablespoonful of Chilli Vinegar.
 Half a gill of Tarragon Vinegar.
 One gill of Sherry.
 Two quarts of Water.

Take two calves' feet and chop them into eight pieces. Wash them well in cold water, and put

them in a stewpan with sufficient cold water to cover them. Let them boil to blanch them; then pour the water off, and wash them again in cold water. Wash the stewpan and put the pieces of feet into it, with two quarts of water, and just bring it to the boil; watch it and skim it occasionally. Add half a teaspoonful of salt and all the other ingredients, except the lemon, the eggs, and the vinegars. Let all boil gently for five hours. Strain it off through a hair-sieve into a basin, and let it stand until perfectly cold: take off the fat, and wipe the top of the stock with a cloth dipped in hot water, to remove every particle of grease. Put the stock into a clean stewpan, with the lemon-peel and juice; also add the whipped whites of two eggs and the shells, the vinegars, and salt to taste. Whisk all on the fire until it boils; then draw the stewpan to the side of the fire, and let it stand for half an hour to form a crust. Take a clean soup cloth, and fix it on the stand; pour the contents into a cloth, and let it all run through into a basin. Let it pass through a second time slowly. Scald a mould with boiling water, then rinse it in cold water; garnish the mould with fish or vegetables, according to taste, pour in the jelly carefully, and let it stand until cold, when turn out and serve.

Aspic Jelly from French Gelatine.

Ingredients for the Pupils in the Practice Kitchen. (Four Quarts.)

Three quarts and 1 gill of Water.
 One pint of Sherry.
 Half a gill of Malt Vinegar.
 Half a gill of Tarragon Vinegar.
 Half a gill of Chilli Vinegar.
 Half a gill of Lemon-juice.
 One Carrot, one Turnip, one Onion.
 One stick of Celery.
 A teaspoonful of Salt.
 A sprig of Tarragon, Chervil and Parsley.
 The rind of two Lemons.
 Twenty White Peppereorns.
 Ten ounces of French Gelatine.
 Three Whites of Eggs whipped and the shells crushed.

Ingredients for the Pupils in the Demonstration Kitchen. (One Quart.)

One and a half pints of Water.
 Quarter of a pint of Sherry.
 Half a gill of these Vinegars mixed : Tarragon, Malt, and Chilli.
 Juice of two Lemons.
 One Carrot, one Turnip, one Onion.
 One stick of Celery.
 Half a teaspoonful of Salt
 A small bunch of Tarragon.
 Chervil and Parsley.
 The rind of one Lemon.
 Two ounces and a half of French Gelatine.
 The Whites and Shells of two Eggs.
 Ten White Peppereorns.

Put all these ingredients into a stewpan together, and whisk over the fire until it boils ; then draw it to the side of the fire and let it stand for twenty to thirty minutes, strain it as usual through a clean cloth, scalded and put on a soup-stand, and when it is set it is ready for use.*

* For all these jellies I have given the Ingredients in two quantities, as the different kitchens require in the School, because the pupils seem to find so much trouble in reducing the quantities in proper proportions. This will, I hope, save trouble to our pupils and to my staff of teachers, and it will not interfere with the general public who use the book.

Claret Jelly.

Ingredients for three Quarts.

Two quarts of Water.
 One pint and a half of Claret.
 Half a pint of Lemon-juice.
 The rind of four Lemons.
 One inch of Cinnamon and six Cloves.
 Two tablespoonfuls of Red Currant Jelly.
 Eight ounces of French Gelatine.
 Three Whites of Eggs whipped and the shells crushed.
 A few drops of Cochineal.
 Fourteen ounces of Sugar.

Ingredients for one Quart.

Three-quarters of a pint of Water.
 One pint of Claret.
 Quarter of a pint of Lemon-juice.
 The rind of one Lemon.
 Half an inch of Cinnamon and two Cloves.
 One tablespoonful of Red Currant Jelly.
 Two and a half ounces of French Gelatine.
 Two Whites of Eggs whipped and the shells crushed.
 A few drops of Cochineal.
 Four ounces of Sugar.

Put all these ingredients into a stewpan and whisk over the fire till it boils, then draw it off, let it stand at the side of the fire for about five minutes, strain as usual, add a few drops of cochineal to improve the colour, set as required, and it is ready for use.

Orange Jelly.

Ingredients.

Half a pint of Orange-juice.
 Half a pint of Water.
 Juice of two Lemons.
 Rind of three Oranges.
 Three ounces of Loaf Sugar.
 One ounce of French Gelatine.

Put the water, sugar, orange-rind, and gelatine into a stewpan, and let them simmer for ten minutes; skim and strain. Add the orange- and lemon-juice, pour into a mould, and set.

Punch Jelly.

Ingredients for four Quarts.

Three quarts of Water.
 Half a pint of Milk Punch.
 Half a pint of Rum.
 Half a pint of Marsala.
 Three gills of Lemon-juice.
 Six rinds of Lemon.
 Eleven ounces of Gelatine.
 One inch of Cinnamon.
 Three Whites of Eggs whipped
 and the shells crushed.
 Twenty-four ounces of Loaf
 Sugar.

Ingredients for one Quart.

One pint of Water.
 Quarter of a pint of Milk
 Punch.
 Quarter of a pint of Rum.
 Quarter of a pint of Marsala.
 One gill and a half of Lemon-
 juice.
 Two rinds of Lemon.
 Two and a half ounces of
 Gelatine.
 Half an inch of Cinnamon.
 Two Whites of Eggs whipped
 and the shells crushed.
 Six ounces of Loaf Sugar.

Put all these ingredients together into a stewpan, whisk them over the fire till they boil, then draw them off the fire, and let them stand by the side of it for about five minutes; strain through a clean cloth, scalded and put on a soup-stand, and it is then ready for use.

Wine Jelly from Calves' Feet.

Ingredients.

Two Calves' Feet.

Two Lemons.

Two Eggs.

Three ounces of Loaf Sugar.

Four Cloves.

One inch of Cinnamon.

One wineglassful of Sherry.

Half a wineglassful of Brandy.

Chop each foot into four pieces, wash them well in cold water, and blanch them; put the feet in a stewpan with five pints of cold water. Let this boil gently for five hours, skimming it carefully; then strain it through a hair-sieve into a basin to set. When this jelly stock is quite cold, dip a clean cloth into hot water and wipe every particle of grease off the stock. Squeeze the juice of the lemons through a strainer into a stewpan, add the lemon-peel, the whites of the eggs, slightly whipped, the egg-shells crushed, the sugar, cinnamon, and cloves. Whisk these all together, add the jelly stock, and whisk well till it boils. As soon as it boils, put the lid on the stewpan and draw to the side of the fire for twenty minutes to form a crust. When the crust is formed, the jelly must be strained through a jelly-bag or clean cloth previously scalded. When strained, add the wine and brandy. Garnish a jelly-mould according to taste, pour in the jelly, and set.

Wine Jelly from French Gelatine.

Ingredients for the Pupils in Practice Kitchen. (Four Quarts.)

Three quarts of Water.
Three gills of Sherry.
One pint of Lemon-juice.
Twenty-four ounces of Loaf Sugar.
One inch of Cinnamon.
Four Cloves.
The rind of six Lemons.
Eleven ounces of French Gelatine.
Three Whites of Eggs whipped and the shells crushed.

Ingredients for the Pupils in the Demonstration Kitchen. (One Quart.)

One pint and a quarter of Water.
One gill of Sherry.
Quarter of a pint of Lemon-juice.
Six ounces of Loaf Sugar.
Half an inch of Cinnamon.
Two Cloves.
The rind of two Lemons.
Two ounces and a half of French Gelatine.
Two Whites of Eggs whipped and the shells crushed.

Put all these ingredients into a stewpan together and whisk over the fire until it boils, then draw it to the side of the fire and let it stand for about five minutes, strain it as usual through a clean cloth, scalded and put on a soup-stand; when it is set it is ready for use.

Brown Bread Iced Soufflé.

Ingredients.

Four ounces of brown Breadcrumbs (made from Hovis bread).
One ounce ratafia Crumbs.
One teaspoonful of Maraschino.
Half a pint of Custard (made from Ice Pudding recipe).
Half a pint of whipped Cream.
Half a teaspoonful of ground Cinnamon.
Three Whites of Eggs (stiffly whisked).

When the custard is quite cold, mix all the ingredients lightly together. Tie a band of paper around a soufflé case and pour in the mixture. Place the soufflé case into an ice cave charged with crushed ice and coarse salt, and freeze six hours. If small ramekin cases are used, allow two and a half to three hours. When frozen remove the paper, sprinkle a few ratafia crumbs on the top and serve.

Iced Coffee.

Ingredients.

Four ounces of Coffee (equal quantities of
Mocha and Plantation).
One pint of boiling Water.
Two gills of Milk.
One gill of Cream.
Two ounces of Sugar.

Make the coffee, stir in the milk, cream, and sugar, pour into a jug, and pack it well in ice; allow it to stand for from two to three hours; the water must be drained from the ice occasionally, and fresh ice added. The coffee must be freshly made, and should be freshly ground.

Syrup for Cream Ices.

Ingredients.

Half a pound of Sugar.
Half a pint of Water.

Put the sugar into a small copper sugar boiler

with the cold water; when it is dissolved, boil it up, remove the scum, and reduce it to a thick syrup. When the saccharometer registers 220° Fahr. the syrup is finished; let it cool before using.

Iced Soufflé with Maraschino.

Ingredients.

Half a gill of Syrup.
 The Yolks of six Eggs.
 One whole Egg.
 Half a pint of whipped Cream.
 One tablespoonful of Maraschino.

Break the eggs into an egg bowl, whisk well, then add the syrup and the Maraschino, and whisk it over hot water until it resembles "sponge-cake mixture." Now whisk on ice till it is cold, then stir in the whipped cream. Put a stiff paper band round a soufflé mould and pour in the mixture, filling the mould about one inch above the paper; then place the mould in a tin box with a tight-fitting lid, and surround it with crushed ice mixed with coarse salt; let it freeze for about eight hours. If you use little moulds this quantity will fill about nine, and these will take four hours to freeze. As the ice melts the water must be poured off and fresh ice added. When frozen, remove the paper band or bands, and sift some powdered macaroons or grated chocolate on the top, to give the appearance of baked soufflés.

Iced soufflés may be varied by using different flavourings, such as orange-flower water, vanilla, coffee, orange or lemon essence, or by adding a purée of apricot, strawberry, raspberry or pineapple to the mixture before freezing ; only enough fruit-pulp should be used to give the flavour of the fruit.

Biscuits Glacés en Caisses.

Prepare as for Iced Soufflé, but before moulding add four ounces of pounded ratafias and half a pint of whipped cream, and freeze in small paper cases.

Ice Pudding.

Ingredients.

Half a pint of Milk.
Four Yolks of Eggs.
One whole Egg.
Two ounces of Loaf Sugar.
Four ounces of glacé Fruits.
One ounce of grated Pistachio Nuts.
One dessertspoonful of Maraschino.
One dessertspoonful of Brandy.
Half a pint of whipped Cream.

Make a custard with the eggs, milk, and sugar. Strain it, and when cold put it into the freezing-pot ; when half frozen add the dried fruits cut in pieces, the pistachios, Maraschino and brandy, and lastly, add the whipped cream, and refreeze. Wet

the mould, and decorate it according to taste with pistachios and glacé fruits, and fill with the frozen mixture. Seal up the mould, and pack into a charged pail, and freeze till wanted.

Lemon Water Ice.

Ingredients.

Half a pound of Loaf Sugar.

One pint of Water.

The thin rind of one Lemon.

Juice of four Lemons.

Whites of two Eggs.

Put the water and sugar in a stewpan on the fire to boil ten minutes, reserving about six lumps of sugar from the half pound, with which rub the zest from the two lemons. Strain the juice, which should measure one gill; sometimes it will take more than the quantity to make the measure. When the syrup is cold, add the lemon-juice and freeze. When half frozen, add the whipped whites of two eggs.

Omelet Glacé en Surprise.

Ingredients.

One pint of Ice Cream frozen very hard and moulded in a lemon-shaped mould.

Three Whites of Eggs.

One Yolk of Egg.

One and a half ounce of Icing Sugar.
Half an ounce of Castor Sugar.
Vanilla.

Cream the yolk of egg and icing sugar very well together, flavour and stir in the whites of eggs stiffly beaten. Lightly grease the centre of a silver dish; place on it a round of Genoese pastry, and turn the ice cream on to it, and spread the soufflé mixture smoothly over it. Decorate and dredge with castor sugar. Place in a very hot oven until brown. Serve at once.

Mousse Parfait au Café.

Ingredients.

The Yolks of five, and the White of one Egg.
Half an ounce of Castor Sugar.
One gill of good Coffee, or a dessertspoonful of
best Coffee Essence.
One gill of whipped Cream.

Whisk the sugar and eggs thoroughly till creamy, then continue to whisk them over hot water till quite warm. Place the mixture on ice till cold, whisking all the time; add the cream. Pour the mixture into prepared moulds, put on the lids, and set them in crushed ice and salt for about three or four hours.

Pine-apple Water Ice.

Ingredients.

One small Pine-apple, tinned or fresh.
One pint of Water, if tinned ;
One pint and a half of Water, if fresh fruit.
Six or eight ounces of Loaf Sugar according
to syrup used.
One tablespoonful of Lemon-juice.

Peel, slice, and pound the pine-apple in a mortar; boil the water and sugar in a stewpan for ten minutes; strain into a basin; add the pine-apple and the lemon-juice; strain, and when cold, freeze as usual.

Tomato Water Ice.

Ingredients.

Half a pint of Tomato Purée.
Half a pint of White Stock (cold but not a jelly).
One tablespoonful of Tarragon Vinegar.
Half an ounce of Castor Sugar.
One dessertspoonful of Brandy.
Carmine to colour.
Pepper and Salt.
Celery Salt.

Mix the above all well together; freeze in small tomato moulds, and pack in ice till required.

Strawberry Cream Ice.

Ingredients.

One pound of Strawberries.
Three ounces of Castor Sugar.
One teaspoonful of Cochineal.
One tablespoonful of Lemon-juice.
Half a pint of whipped Cream.

Remove the stalks from strawberries ; rub them through a fine hair-sieve, with wooden spoon ; add the cochineal and lemon-juice. This should measure half a pint. Add to this the whipped cream, and freeze. When well frozen, pack tightly in a wetted ice mould, and return to the ice till required for table.

Glacé Nesselrode.

Ingredients.

One pint of Milk.
Vanilla Pod for flavouring.
Eight Yolks of Eggs.
Six ounces of Castor Sugar.
Half a pint of Cream.

Put the milk and vanilla on the fire and let it boil, then place it in the oven until a brown skin is formed on the top. Stir the yolks of eggs with the castor sugar to a cream ; strain in the milk, and work over the fire until a liaison is formed. Strain the whole through a sieve, and let it get cold. Whip the cream, and mix it carefully with the custard. Freeze as an ordinary ice ; mould it in one mould or several small ones.

Strawberry Fool.

Ingredients.

One pound of Strawberries.
Half a pint of Custard.
Two tablespoonfuls of Cream.
Three ounces of Castor Sugar.
A few drops of Carmine.
A few drops of Lemon juice.

Make half a pint of custard from three yolks and one white and half a pint of milk. When the custard is quite cold mix it with the strawberries, which have been rubbed through a hair-sieve (use a wooden spoon). Add the cream, colouring, sugar, and a few drops of lemon-juice. Serve as cold as possible. Do not cook the fruit. The custard should be well cooked, so that it is nice and thick.

Cold Cabinet Pudding.

Ingredients.

Six Savoys.
Two ounces of Ratafias.
Half a pint of Milk.
Half an ounce of French Gelatine.
The Yolks of four Eggs.
Two ounces of dried Cherries.
Half a gill of Cream.
One ounce of Castor Sugar.
One teaspoonful of Essence of Vanilla.

Ornament the bottom of a pint mould with the cherries and angelica. Split the savoys in half, and line the sides of the mould round with them very evenly, arranging them alternately back and

front next the tin. Put in the ratafias. Put four yolks of eggs into a basin, stir in the milk, pour this mixture into a jug, stand it in boiling water, and stir until it thickens, taking care that it does not curdle. Melt the gelatine in a little water, and strain it into the custard. When it is cool, add the cream, vanilla, and sugar, mix well, and pour carefully into the mould to the cakes. Put the mould on ice or in a cool place to set. When set, turn out and serve.

Charlotte Russe.

Ingredients.

Twelve Sponge Finger-biscuits.
Half an ounce of Gelatine.
One gill of Milk.
Half a pint of Double Cream.
One dessertspoonful of Castor Sugar.
Thirty drops of Essence of Vanilla.

Take a pint soufflé-tin and line it carefully with the biscuits, fitting them close to each other; cut off the tops of the biscuits that stand above the tin. Put the gelatine and milk in a stewpan on the fire to melt. Whip the cream to a stiff froth; add the sugar and vanilla to it. Strain the melted gelatine into the cream, mix it well, and pour it carefully into the mould, not to disarrange the biscuits. When set, turn out and serve.

Chartreuse of Oranges.

Ingredients.

Six Tangerine Oranges.

One pint of Jelly.

Peel the oranges and take away every morsel of white skin very carefully, quarter them carefully not to break the skin and let the juice out. Cover the bottom of the mould with a little jelly, let it set until cold, then arrange the quarters of orange with great precision and neatness all round the mould overlapping each other, carefully pour in a little jelly to cover these quarters, and when quite set repeat this, until the mould is full. When set, turn out and serve.

Tartelettes à la Chocolat.

Ingredients.

Two Eggs.

Two ounces of Chocolate.

Two ounces of Butter.

Four ounces of Biscuit Crumbs.

Quarter of a teaspoonful of Allspice.

Three ounces of Castor Sugar.

Half an ounce of Cornflour.

Line the tartlet tins with pastry. Cream the yolks and sugar together; add the biscuit crumbs, grated chocolate, allspice, and cornflour. Melt the butter, whisk the whites of eggs, and add these to the mixture. Put a little of the mixture into each tartlet tin. Bake from twenty to twenty-five minutes. Ice with chocolate icing.

Custard.

Ingredients.

Four Yolks of Egg and one White.

Half a pint of Milk.

A tablespoonful of Brandy.

One ounce of Loaf Sugar.

Flavouring to taste, Vanilla and Lemon-peel.

Put the yolks of four eggs and the white of one into a basin and mix them well together with a wooden spoon, stir in the milk and strain it all into a milk saucepan or a jug, add the sugar; stand the jug (if you use one) in a saucepan of boiling water and stir the custard over the fire until it thickens, but mind it does not boil or your custard will curdle and be spoilt. Take it off the fire, stir in the brandy and flavouring, a few drops of vanilla or any other essence you like. When the custard is cold pour it into custard glasses with a little grated nutmeg on the top, and it is ready for table. If you flavour with lemon-peel it must be put into the milk before the custard is cooked and taken out before serving.

Diplomatic Pudding.

Ingredients.

One pint of Custard. See above.

Half a pint of Jelly. See p. 251.

One ounce of French Gelatine.

Two ounces of Sponge Cake.

Two ounces of Ratafias.

Two ounces of Castor Sugar.

One gill of Cream Vanilla Essence.

One ounce and a half of dried Cherries.

One ounce of Angelica.

Half an ounce of Citron.

Line a plain mould with jelly and decorate it with half an ounce of dried cherries and half an ounce of angelica. Melt the gelatine in a gill of water and stir it into the custard, add also the castor sugar, flavouring and cream: stir this occasionally until it is cool, then stir the rest of the cherries, the angelica, and half an ounce of citron, all chopped up. Pour this gently into the mould you have decorated. When it is set, turn out and serve.

Gâteaux à l'Africaine.

Ingredients.

Three Eggs.

Three ounces of Castor Sugar.

Two and a half ounces of Flour.

Work the yolks of eggs and castor sugar well together with a wooden spoon. Beat the whites up stiffly and rub the flour through a sieve; then mix all together thoroughly but lightly. Put the mixture into a bag with a funnel at the end about the size of a shilling, and press out pieces of the paste into greased patty pans. Bake these in a moderate oven for about twenty minutes; when cold take two of these rounds and scoop out a small piece at the bottom of each, place a little whipped cream in each cavity, and stick the two cakes together: proceed in this way with all the cakes. Then cover them over with chocolate icing, and when cold they are ready to serve.

Gâteau aux Prunes.

Ingredients.

One pound of Prunes.
Three ounces of Castor Sugar.
Three-quarters of an ounce of Gelatine.
The juice and rind of one Lemon.
One glass of Brandy or Marsala.
One pint of Water.
A few drops of Cochineal.

Boil the prunes in the water and sugar until quite soft; then take out the stones, crack the kernels and add them with the brandy, lemon-juice and peel, and a little cochineal; dissolve the gelatine in a little water, and add to the prunes when they are ready to mould; boil all for twenty minutes. Pour into a border mould; when set, turn it out and serve with whipped cream in the centre.

Jubilee Pudding.

Ingredients.

One pint of Claret Jelly.
A gill of whipped Cream.
Quarter of an ounce of Gelatine.
Half an ounce of Preserved Cherries.
Half an ounce of Angelica.
Half an ounce of Preserved Ginger.
Half an ounce of Preserved Apricot.

Set a mould thickly with claret jelly. Whip the cream very stiffly and stir in the fruits chopped up, the gelatine melted, and the castor sugar. Fill in the centre of the mould with the whipped cream

and fruits. Turn it out and serve with whipped cream round if liked; this will require a little more cream than the half pint for the centre, and can be left out or not according to taste.

Marguerites.

Ingredients.

Two and a quarter pounds of Castor Sugar.
Twelve Whites of Eggs.

Whip the whites stiffly and mix as for meringues. Then put the mixture into a bag having a funnel about the size of a sixpence; press the meringue on to a greased tin in narrow finger-shaped pieces. Sprinkle with pink sugar and chopped almonds, and bake in a slow oven until crisp. Remove very carefully on to a sieve, and serve cold with ices as for dessert

Meringues.

Ingredients.

Four Whites of Eggs.
A half pound of Castor Sugar.
A flat Meringue Board.

Cover a meringue board with paper. Whip the whites of eggs to a very stiff froth and stir in the sugar. Shape some of this mixture in a dessertspoon, scoop it out with another

dessertspoon and lay it on the board, sift some castor sugar over each meringue and dry them well in a warm oven. Then turn them over, press in all the soft part underneath, and dry them again. If for immediate use, fill them with whipped cream sweetened and flavoured with vanilla. If not required at once, put them away in a tin box covered over with paper until they are wanted.

Pouding à l'Orléans.

Ingredients.

Half an ounce of Gelatine.

Half a pint of Milk.

The Yolks of four Eggs and one White.

Two ounces of Sugar.

Three ounces of Biscuit Crumbs.

Three ounces of Pine Apple.

Two ounces of dried Cherries.

One ounce of Angelica.

Flavour well according to taste.

Make the custard of the milk, eggs, and sugar, and let it cool. Melt the gelatine in a gill of milk, stir this to the custard, and add the cake crumbs; when nearly cold, add the fruits cut up, and pour it into a mould nicely decorated with pieces of pine-apple. When quite set, turn out and serve with chopped jelly round.

Princess Pudding or Cold Soufflé.

Ingredients.

One gill of Milk or Cream.
 Half an ounce of Gelatine.
 One gill of Apricot Purée, or
 One gill of Orange-juice.
 Yolks of three Eggs.
 Whites of four Eggs.
 Two ounces of Sugar.
 A little Lemon-juice.
 A few drops of Cochineal.

Put the milk and gelatine into a stewpan, and stir over the fire until dissolved, care being taken that it does not boil, or it will curdle; beat the three yolks of eggs well and add to the milk. When well mixed, put into a stewpan and stir till it thickens—it must not boil; add the sugar. Then pour out into a basin, add the apricot purée, lemon-juice, and cochineal. Beat the four whites of eggs to a very stiff froth, and add them to the other ingredients, stirring lightly but thoroughly. Stir until nearly cold before putting it into a mould. The mould should be ornamented with bright pale jelly.

Riz à l'Impératrice.

Ingredients.

Quarter of a pint of clear Jelly.
 One ounce of preserved Cherries.

Half an ounce of Angelica.
Quarter of a pound of Rice.
One quart of Milk.
Half a pint of whipped Cream.
Half an ounce of Gelatine.
Quarter of a pound of Castor Sugar.
Vanilla.

Set a mould with the jelly, cherries, and angelica. Stew the rice tender in the milk, and when cool add the cream, gelatine melted in a little water, sugar, and vanilla. Turn this preparation into the decorated mould and set on ice. When quite cold, turn the rice out carefully and pour round a purée of apricots.

Spanish Soufflé.

Ingredients.

Six Sponge Cakes.
Jam and Red Jelly.
Maraschino or Sherry.
One ounce of Castor Sugar.
Whites of five Eggs.
Vanilla Essence.

Cut the sponge cakes into three pieces lengthways, putting jam between each layer ; pile up on a glass dish, and well soak them with either sherry or Maraschino. When soaked, beat up the whites of eggs to a very stiff froth ; add sugar and vanilla ; mask the cakes entirely over with the egg and put in a cool oven to dry ; when dry, garnish with red jelly.

Soufflé Frappé à la Marguerite.

Ingredients.

One ounce of Cornflour.
 One inch of Vanilla Pod.
 One gill of Cream.
 Two ounces of Butter.
 Half an ounce of Gelatine.
 Red Currant Jelly.
 A few drops of Carmine or Cochineal.
 Two ounces of Castor Sugar.
 Two and a half gills of Milk.
 Four ounces of Strawberries.
 Four Eggs.
 One small glass of Maraschino (this can
 be left out if desired).

Mix the cornflour with the sugar in a stewpan, stir in the milk, add an ounce of butter and the vanilla pod. Stir this over a slow fire until it comes to a boil. Continue to stir over the fire until the mixture detaches easily from the stewpan. Let it cool, and remove the vanilla pod (this may be used again if taken care of).

Pick the strawberries and rub them through a hair-sieve. Stir this pulp into the above before it is quite cold, and also the remainder of the butter. Stir in the yolks of eggs and the cream, and whisk over the fire until the eggs begin to set. Dissolve the gelatine in a little water, add to it a tablespoonful of red currant jelly and a few drops of liquid carmine or cochineal. Strain this into the cornflour mixture. Whisk the whites of eggs

to a stiff froth, and add also. The Maraschino should now be added.

Fill a silver-plated soufflé dish with this preparation. Keep it in a case well charged with ice. Dissolve about two tablespoonfuls of red currant jelly, and when nearly cold pour it over the top of the soufflé to form a layer. It is well to fasten a paper band round the soufflé case so that it comes about an inch above the rim. This should be removed before sending it to table.

Soufflé à la Milannaise.

Ingredients.

Half a pound of Castor Sugar.

Three Eggs.

Three-quarters of an ounce of Gelatine.

Two and a half Lemons.

Half a pint of whipped Cream.

Half a gill of Water.

Put the yolks of eggs, sugar, grated rind, and juice of the lemons into a saucepan, and whisk until it is nearly boiling. Strain into a basin, and let it get cold, and when it is cold stir the whipped cream into the mixture. Melt the three-quarters of an ounce of gelatine in half a gill of water, and when melted strain it into the mixture, and lastly, add the whites whipped. Let it set *creamily*, and then pour into a silver soufflé case, with a band of paper tied round. When firm, take off the paper, and shake ratafia crumbs on top. Serve in the silver soufflé case.

Gelée de Fruits à la Maréchale.

Ingredients.

One pint of Maraschino Jelly.
French Plums. Oranges.
Apricots. Apples.
Cherries.

Prepare the fruits carefully. The French plums should be stoned and stewed in claret, the apples turned into small even pieces and boiled tender in syrup, and the oranges and apricots divided into convenient pieces. When these are all ready set them with the Maraschino jelly in a fancy mould, and when cold turn out and serve.

Fruit Salad.

Ingredients.

Half a pound of Lump Sugar.
Juice of half a Lemon.
A gill of Cold Water.
Fruit of any kind (Pine, Pears, Cherries, etc.).
Liqueur to flavour (Curaçao, Maraschino).

Boil sugar and water to a syrup. Skim, but do not stir. Add liqueur to taste. Prepare the fruit—cut up, stone, or skin, according to kind of fruit used. Add the boiling syrup to the fruit. Turn into a bowl to cool. When cool dish up in a glass or silver dish.

Note.—Syrup requires to be boiled for about five minutes.

FANCY BREAD AND CAKES.

Arrowroot Cake.

Ingredients.

One pound of Butter.
One pound of Arrowroot.
One pound of Sugar.
Eight Eggs.
Rind of one Lemon.

Beat the butter to a cream ; beat the yolks and whites of the eggs separately a long time ; add the sugar rubbed through a sieve and the grated lemon-peel. Beat all well together for one hour, and bake in a moderate oven.

Brioche.

Ingredients for the Sponge.

Four ounces of Flour.
Half an ounce of Yeast.
Half a gill of warm Water.

Melt the yeast in the warm water, put the flour on a plate, make a hole in the centre and

stir in the yeast, work it well together till a soft paste, cover it over and set it to rise in a warm place for an hour till it is double the size it was at first.

Ingredients for the Dough.

Twelve ounces of Flour.

Twelve ounces of Butter.

Nine Eggs.

Two ounces of Sugar.

One gill of warm Milk or Cream.

A good pinch of Salt.

Mix the salt and sugar with the warm milk or cream, put the flour on a slab, make a hole in the centre and mix in the butter warmed, the milk and the nine eggs. Work it lightly backwards and forwards to rub out all the lumps. Mix the sponge and the dough when thoroughly incorporated,* cover it over and set it in a cool place for twelve hours; then make it up and bake it in small moulds or in shapes like a penny loaf. Bake it in a hot oven for about half an hour. When it is ready for baking the paste will appear full of small globules of air, and be elastic to the touch.

Carraway Seed Cake.

Ingredients.

One pound of Flour.

Half a pound of Butter.

* If the sponge and dough when mixed are too thin, a little more flour must be worked in.

Half a pound of Castor Sugar.
One large teaspoonful of Baking-
powder.
Half an ounce of Carraway Seeds.
Five Eggs.
A little Milk (if required).

Proceed as for "Luncheon Cake" (page 278).

Cocoanut Buns.

Ingredients.

Three-quarters of a pound of Prepared Flour.*
Quarter of a pound of Cocoanut.
Quarter of a pound of White Sugar.
Three ounces of Butter.
One Egg.
One gill of Milk.

Cream the butter and sugar well together; add the milk and egg by degrees, also the flour and the cocoanut, mix well, shape into buns, and bake twenty minutes. This quantity will make twenty-four buns.

Chocolate Cake.

Ingredients.

Half a pound of grated Chocolate.
Six ounces of Flour.

* To make Prepared Flour: four pounds of Vienna Flour, two ounces of Cream of Tartar, one ounce of Carbonate of Soda—well mixed together.

Half a pound of Butter.
Two ounces of ground Rice.
Six ounces of White Sugar.
One teaspoonful of Baking-powder.
Four Eggs.
Vanilla flavouring.

Beat the butter and sugar well together, add the grated chocolate, previously dissolved in a tablespoonful of milk; add the eggs one by one, mixing each carefully. Mix the flour, rice, and baking-powder together, sift them through a sieve to the eggs. Pour this mixture into a sauté-pan, and bake in a moderate oven for one hour.

Galettes.

Ingredients.

One pound of Household Flour.
One pound of Vienna Flour.
One ounce of Yeast.
Half an ounce of Castor Sugar.
Half a pint of Milk (warmed).
Half a pound of Butter.
Seven Eggs.

Sieve the household flour into a basin and make it into a soft dough with the milk, in which the yeast and sugar have been mixed as usual. Put the Vienna flour into another basin, add the eggs and the butter, and beat all together with the hand. When the yeast has risen for about one hour, put the contents of the two basins together

and beat until the mixtures are thoroughly incorporated (about twenty minutes). The dough must now rise for another hour. Make into large oval cakes, prove about fifteen minutes till the tops crack, and bake in a quick oven. Brush with sugar and milk when half baked.

Genoa Cake.

Ingredients.

Ten ounces of Flour.
Half a pound of Butter.
Half a pound of Sugar.
Three ounces of Candied Peel.
One ounce of Pistachio Kernels.
Two ounces of Almonds.
Six ounces of Sultanas.
One teaspoonful of Baking-powder.
Five Eggs.
Grated rind of one Lemon.

Cream the butter well. Add the sugar, and cream again, then add the eggs one at a time, beating each one well in. Add all the other ingredients except the almonds, pistachio nuts and baking-powder. When all are well mixed in, add the almonds and pistachio kernels cut in strips, and lastly the baking-powder. Bake in a shallow tin or sauté-pan for one hour and a half in a moderate oven.

German Pound Cake.

Ingredients.

Ten ounces of Flour.
Eight ounces of fresh Butter.
Eight ounces of Castor Sugar.
Four ounces of Peel.
One Lemon.
Half a pound of Sultanas.
Five Eggs.
Quarter of a teaspoonful of Baking Powder.

Beat the butter and sugar to a cream ; add the eggs, one at a time, beating each one in thoroughly with your hand, then stir in lightly the sifted flour. Now add the sultanas, the candied peel chopped up, and the grated rind of the lemon ; mix all well together with a spoon. Line a cake-tin with buttered paper, putting three rounds of buttered paper at the bottom of the tin ; pour in the cake and bake for two hours in a moderate oven. When baked, turn it out on to a sieve to cool.

Lemon Cheese Cakes.

Ingredients.

Three ounces of Castor Sugar.
The Yolks of three Eggs ; and
The Whites of three (whipped).
One ounce of Ratafia crumbs.
Two tablespoonfuls of Lemon-juice.
The grated Rind of one Lemon.

Mix all these ingredients well together, adding the whites of eggs, well whipped, the last ; line some tartlet tins with pastry rolled out thin and cut out with a cutter, fill in with the lemon mixture and bake about fifteen or twenty minutes

Luncheon Cake.

Ingredients.

One pound of Vienna Flour (sifted).
Half a pound of Butter.
Half a pound of Castor Sugar.
Half a pound of Sultanas.
Six ounces of mixed Peel.
The Rind of two Lemons.
One large teaspoonful of Yeatman's
Baking Powder.
Five Eggs.
A little Milk.

Rub the butter and flour together in a basin, then add the sultanas and all the other ingredients. Break the five eggs into another basin and whip them, then add them to the mixture. Pour into a cake tin, and bake in a moderate oven for one and a half hour.

Madeira Cake.

Ingredients.

Two and a half ounces of Butter.
Five and a half ounces of Flour.
Three Eggs.

Four ounces of Castor Sugar.
Half a teaspoonful of Baking Powder.
Two Slices of Citron Peel.

Sift the flour and baking powder on to a sheet of paper. Cream the butter and sugar together until they are white, add the eggs one at a time, beating each well in. Stir in lightly the flour and baking powder, put the mixture into a small cake tin lined with buttered paper, and lay the pieces of citron on top. Bake in a moderate oven for about one hour.

Mocha Cake.

Ingredients for the Cake.

Four Eggs.
Quarter of a pound of Castor Sugar.
Two ounces of Vienna Flour.
Two ounces of Potato Flour.
One teaspoonful of Baking-powder.

Ingredients for the Icing.

Half a pound of fresh Butter.
One pound of Icing Sugar.
One tablespoonful of Essence of Coffee.

Beat the yolks of the eggs with the castor sugar, adding the flour and baking-powder gradually, then stir in lightly the four whites of eggs whipped to a stiff froth; butter a plain mould, pour in the mixture, and bake in a quick oven for thirty minutes. When done, turn it out, and when quite cold, cover it with

the icing, and decorate to taste with the icing squeezed through the icing forciers. To make the icing, beat the butter and sugar together in a basin to a smooth cream, adding the coffee to it one drop at a time. When the cake is iced, stand it away on ice or in a cool place till required.

Orange Cake.

Ingredients.

Six ounces of Vienna Flour.
Five ounces of Castor Sugar.
Rind and juice of one Orange, grated.
One teaspoonful of Baking-powder.
Three Eggs.

Beat the eggs and sugar together to a smooth cream; add the flour and baking-powder sifted, and the orange juice and rind. Mix all well together, and bake in a quick oven for a quarter of an hour. When cold, ice it with French icing made of half a pound of icing sugar worked well with the juice of the orange; when well mixed, pour this all over the cake.

Queen Cakes.

Ingredients.

Quarter pound of Butter.
Quarter pound of Castor Sugar.
Quarter pound of Currants or dried
Cherries.

Two ounces of Candied Peel.
Six ounces of fine Flour.
The Rind of two Lemons (grated).
Three Eggs.
Quarter of a teaspoonful of Baking-
powder.

Cream the butter and sugar, then add the eggs and flour by degrees, then the fruit, peel, and other ingredients; put this mixture into small queen cake tins, and bake a pale brown in a moderate oven from fifteen to twenty minutes.

Rich Plum Cake.

Ingredients.

One pound of fresh Butter.
One pound of Castor Sugar.
One pound of Mixed Peel.
One pound and a half of Flour.
One pound of dried Cherries.
One pound of Sultana Raisins.
Eight ounces of Almonds.
Half a pint of Brandy.
Ten Eggs.
One teaspoonful of Salt.
One ounce of Allspice.

Cream the butter and sugar well together, then sift in the flour and salt gradually, add the eggs one at a time, beating with your hand till all is well and smoothly mixed. Chop the cherries a little, chop the peel and the almonds, add these with the sultanas and the allspice, mix well together, and add last of all the brandy, a little at a time. Be

sure that all is thoroughly mixed. Line a cake-tin with buttered paper, putting three rounds of buttered paper at the bottom, and bake for three hours in a moderate oven. The heat of the oven must not rise after the cake goes in.

Savarin.

Ingredients.

Half a pound of Vienna Flour.
Half an ounce of German Yeast.
Quarter of a teaspoonful of Castor Sugar.
One gill of Milk.
Four Eggs.
Five ounces of Butter.
Shredded Almonds or Cocoanut.

Warm one gill of milk, mix the yeast and sugar together, and stir the warm milk to them. Sift the flour into a basin, make a well in the middle, and pour in the milk with the yeast and sugar in it; just mix a little flour with it, and put it in a warm place to rise. When this sponge has risen to twice its original size, add to it two eggs; beat it well with the hand, adding by degrees the other two eggs and the butter beaten to a cream. Work all this well together; butter a border mould and sprinkle it over with shredded almonds or cocoanut; pour the mixture into this mould until it is half full, cover it with a cloth and set it in a warm place to rise until it fills the mould, then bake it for forty-five

minutes in a moderate oven. Turn it out, and when cold pour a good syrup over it, and fill the centre of the mould with preserved fruits.

Baba au Rhum.

Ingredients the same as for Savarin, with the addition of one and a half ounces of currants and rum syrup.

Proceed for this sweet exactly as for a Savarin, the only difference is that you must use either a large baba mould, or small ones, if preferred, and the mould or moulds, after being well buttered, must be sprinkled on the bottom and sides with a few well cleaned currants—one and a half ounce is enough. When turned out it must be well basted with hot rum syrup, and served with some of the syrup poured over it. This sweet must be served hot.

Sponge Cake.

Ingredients.

Six ounces of Vienna Flour.

Half a pound of Castor Sugar.

Four Eggs.

Sift and warm the flour. Beat the eggs and sugar together for twenty minutes, then stir in the

flour very lightly. Bake in a cake-tin lined with buttered paper in a moderate oven for one hour.

Almond Paste.

Ingredients.

One pound of Ground Almonds.
Half a pound of Icing Sugar.
Half a pound of Castor Sugar.
One teaspoonful of Vanilla Essence
One teaspoonful of Brandy or Maraschino.
Juice of one Lemon.
Quarter of a teaspoonful of Ratafia Essence.
Half a teaspoonful of Orange Flower Water.
Four Yolks of Eggs, or two whole Eggs, or
three Whites of Eggs.

Mix the ground almonds, castor and icing sugar, add flavourings and eggs, and mix to a stiff paste. Put all in a mortar and pound thoroughly together.

Note.—The sugar and almonds vary in dryness, so it is better to add the liquid by degrees.

Cake Icing.

Ingredients.

Two pounds of Icing Sugar.
Four Whites of Eggs.
The juice of two Lemons.

Rub the sugar through a hair-sieve into a basin, make a well in the sugar and pour in the whites of eggs and lemon-juice, work these all well together with a wooden spoon until quite soft.

Put two layers of this icing with a knife, you must dip the knife in water from time to time to prevent it sticking. The third layer must be clear icing made thus: One pound of loaf sugar, half a pint of water boiled together for fifteen to twenty minutes and reduced to a syrup. Stir in a basin till nearly cold and pour over the cake. When this is dry, ornament with the first icing through a forcer.

Chocolate Icing.

Ingredients.

Half a gill of Water.

Three ounces of Chocolate.

Half a pound of Icing Sugar.

One teaspoonful of Essence of Vanilla.

Melt the chocolate in water and boil it well, being very careful that it does not burn; allow it to cool down a little, then add the vanilla and the icing sugar. Do not let the icing boil once the sugar is added.

Sultana Cake.

Ingredients.

One pound of Flour.

Half a pound of Butter.

Half a pound of Castor Sugar.

Five Eggs.
Half a pound of Sultanas.
One gill of Milk.
The rind of one Lemon.
One teaspoonful of Baking-powder.
Four ounces of Peel.
Salt.

Cream the butter and sugar well together, add the eggs, one at a time, and the milk; sift in the flour, the salt, and the baking-powder; beat all well together with your hand; then stir in the sultanas, the peel chopped, and the grated lemon-rind. Mix well. Line a cake-tin with buttered paper, two thicknesses at the bottom, and bake in a moderate oven for one hour and a half.

Vienna Bread.

Ingredients.

One pound of Flour.
Half an ounce of Yeast.
Quarter of an ounce of Castor Sugar.
Quarter of an ounce of Salt.
One Egg.
One ounce of Butter.
Half a pint of warm Milk.

Mix the sugar and yeast together; beat up the egg, add it to the milk and pour it into the yeast. Have the flour, salt, and butter in a basin. Pour the dissolved yeast to these, and beat all together. Let the dough rise about two hours;

make the mixture into rolls ; let them prove, and bake in a quick oven.

Walnut Cake.

Ingredients.

Ten ounces of Flour.
Four ounces of Butter.
Nine ounces of Castor Sugar.
Half an ounce of Royal Baking Powder.
Four Eggs.
One gill of Milk.
Two teaspoonfuls of Vanilla Essence.
Two ounces of Walnuts.
Salt.

Cream the butter and sugar, add the eggs one at a time, and beat the mixture very well. Sieve the flour, baking powder, and salt, add to the eggs also the milk, walnuts, and vanilla. Mix lightly. Put in two round sandwich tins which have been buttered and papered. When cold put the two cakes together with a layer of sieved apricot jam and chopped walnuts in the centre.

Icing.

One pound of Loaf Sugar.
One-third of a pint of Water.
Whites of two Eggs.

Boil sugar and water to 240, pour on to the well-whipped whites, and stir till beginning to set, then pour over the cake. Decorate with half walnuts and chopped pistachio nuts.

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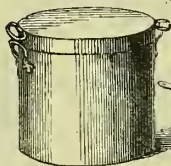
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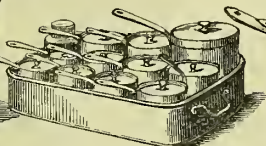
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Lady Superintendent.

1907.

TO COOK GAME.

*The bracketed titles under the French names of the Recipes
are explanations, not translations, of the Recipes.*

TO COOK GAME.

To Roast Venison.

Buck venison is considered the finest, and is in season from June to the end of September. Doe venison is in season from October to December.

A haunch of venison takes from four to five hours to roast, according to size; doe venison takes half an hour less than buck venison. Venison should be hung from fourteen to twenty days in a dry larder, and be kept well wiped with a dry cloth each day. The fat should be clear and white and the meat dark; the greater the depth of fat the better the meat. Before putting the haunch down to the fire dry it well, and cover it all over with a buttered paper; cover this over again with a paste of flour and water about three-quarters of an inch thick; lay over this paste another sheet of buttered paper tied on with

string. Roast before a good clear fire; baste the joint with butter and clarified fat. About fifteen minutes before the venison is finished roasting, remove all the papers and the paste, and baste every part of the joint with butter; dredge it very lightly with flour, brown it nicely, and serve it very hot with either clear gravy, Espagnole sauce or red currant jelly, or the following sauce.

Sauce Chasseur.

(Sauce for Venison.)

Ingredients.

One pint of good brown Sauce.
Two ounces of Red Currant Jelly.
One ounce of Glaze.
A few drops of Lemon Juice.
One gill of Port Wine.
A little Cayenne.

Boil all these ingredients together till reduced to half a pint, then strain and serve.

To Roast a Hare.

Hares are in season from September to 1st March. Skin and paunch the hare, taking care not to break any of the intestines; wipe it well inside and out with a clean dry cloth; if there are any spots where blood has settled prick them with a knife and let the blood out. Take out the eyes, but leave the ears and the tail on. Fill the hare with forcemeat, sew it up, and truss it firmly in the same way as a rabbit. Brush it all over with melted butter or fat, lay pieces of fat bacon over the back tied on with string in about three places, and roast before a clear brisk fire for from an hour and a half to two hours, according to size. Hares must be well basted from the first with either milk or butter and clarified fat; it is more mellow if butter or fat is used. If not well basted from the first to the last, the outside skin will be hard. Just at the last, dredge lightly with flour and baste with butter; serve with good brown gravy and red currant jelly.

Stuffing for Hare.

Ingredients.

Two ounces of Beef Suet.

Three ounces of Breadcrumbs.

Parsley, Marjoram, Lemon Thyme, grated Lemon

Peel, in equal quantities, two ounces.

Shalot.
Pepper and Salt.
One Egg.
The Liver parboiled.
One Anchovy.

Chop up the suet, liver, and a little shalot; wash and bone the anchovy and chop it also, and the parsley; mix all the ingredients together and bind with the egg.

Roast Pheasants.

The cock bird is considered the best; if young he has short blunt spurs, but if he is old they are long and sharp. Pheasants are in season from 1st October till 1st February. Pheasants should be hung until blood drops from the beak, then pluck and draw them; truss the same as a fowl for roasting, but leave the head on. Put a small piece of rumpsteak inside the bird; this helps to keep it moist and improves the flavour; leave the feet on, but cut the toes off. Tie a slice of fat bacon on the breast, or else lard the breast; roast in front of a clear fire, thirty minutes for a young bird and forty minutes for an old one. Baste it with butter; just before it is finished remove the bacon from the breast, dredge lightly with flour, baste with butter; this will make a nice froth. Send to table with watercress round and fried crumbs, and serve good brown gravy and bread sauce.

Partridges.

These birds are in season from 1st September till 1st February. They should be trussed in the same way as a pheasant, and, though a smaller bird, will take nearly as long to roast, because the breast is plump. Not being so dry a bird as the pheasant, omit the steak from the inside. Serve on fried breadcrumbs with watereress round, and hand good brown gravy and bread sauce.

Blackcock and Ptarmigan

are prepared and served the same as partridges. They are in season from 20th August till 10th December.

Grouse

are prepared and served in the same manner as partridges, except that a little butter should be put inside them, and about ten minutes before you take them from the fire place a piece of toast under the bird and serve it on the toast. Hand gravy and bread sauce. In season from 12th August to 10th December.

Roast Quails.

Clean and remove the head and neck; truss as a fowl; rub them over with a little butter and tie a vine leaf over the breast of each bird, and put a piece of fat bacon over the leaf; fasten this with a long skewer and arrange several birds on the same skewer. They will take from fifteen to twenty minutes to roast. When cooked remove the bacon and vine leaf, and dish each bird up on a square slice of buttered toast; put watercress round, and hand fried breadcrumbs and good brown gravy. Quails are in season from March to July.

Ortolans.

These are cooked and served in the same manner as quails.

Guinea Fowl.

Truss and cook as a fowl, only tie a slice of bacon on the breast or else lard it. It will take about half an hour to roast. Dish it up on a slice of buttered toast with watercress round. Hand bread sauce and Espagnole sauce.

Roast Larks.

These little birds are in season from November till March. These may be drawn or not, according to taste; arrange them all on a thin skewer; brush them over with melted butter; roast them for ten minutes, basting them well. Dish them up on buttered toast, with fried crumbs and watercress round, and quarters of lemon.

Wheatears.

These are cooked and served in the same way as larks.

Woodcock, Snipe, and Plovers.

These birds are in season from November till March. Pick them very carefully—do not draw them—and truss them with the long beak through the wings and top of the legs instead of a skewer. Brush them over with melted butter; tie a piece of fat bacon over the breast and baste well with butter. Lay a slice of toast under each bird to catch the trail, and send the birds up to table on this toast with slices of lemon. They will take about fifteen to twenty minutes to roast; good gravy should be handed. Take off the bacon before serving.

Wild Duck, Teal, and Widgeon.

These birds are in season from September to February. Clean, singe, and truss for roasting. Brush the birds over with melted butter, and roast before a quick fire for twenty to thirty minutes, basting well all the time. Serve with watercress and lemon. Hand Bigarade sauce.

Bigarade Sauce.

(For Wild Fowl.)

Ingredients.

Half a pint of good brown Sauce.
The juice of one Orange and one Lemon.
A small Shalot chopped very fine.
One gill of Port Wine or Claret.
A pinch of castor Sugar.

Mix all these ingredients and boil well for five minutes; then strain and serve very hot.

Pulled Fowl or Turkey.

Ingredients.

One pint of white Stock.
One ounce of Butter.
Half an ounce of Flour.
One gill of Cream.
One Shalot.
One blade of Mace.
The juice of half a Lemon, and a little piece of Peel.
Salt and Cayenne.

Skin a cold turkey or fowl ; take off the fillets of the breast and all the white meat from the wings, side bones, and merry-thought ; put one ounce of butter and half an ounce of flour into a stewpan and mix them together over the fire ; then stir in one pint of white stock ; add a blade of mace, a shalot chopped finely, the juice of half a lemon, and a small piece of lemon-peel, a little salt, and a few grains of cayenne. Let this boil till the flour is cooked, then add the cream. Put in the meat and let it simmer a few minutes till the meat is warm through. While this is cooking take the legs and back of the fowl, sprinkle them with pepper and salt, and broil them a nice brown. Serve with the broiled pieces laid on or round the pulled fowl. Before serving take out the mace and lemon-peel.

Broiled Partridge.

Ingredients.

A young Partridge.
Chopped Parsley, Mushrooms, and Shalot.
One ounce of Butter.
Breadcrumbs.

Pick and clean a nice young partridge ; cut it in half ; leave on the legs, but cut off the toes. Press the leg towards the wing, to give the half bird as much as possible the shape of a neat cutlet. Season with pepper and salt, and sprinkle over

it the chopped parsley, mushrooms, and shalot. Brush the half bird over with butter melted, then sprinkle browned breadcrumbs over it, and broil it for fifteen minutes. Baste again, with butter melted and hot; serve very hot with fried strips of potato, and either good clear gravy or Espagnole sauce.

Chestnut Stuffing.

(For Fowl, Pheasant, or Turkey.)

Ingredients.

Fifty Chestnuts.

Half a pint of Stock.

One gill of Cream.

One Egg.

Three ounces of Butter.

Nutmeg, Salt, and Pepper.

A saltspoonful of Sugar.

Cut off the tops of the chestnuts and boil them for fifteen minutes; then skin them, put them into a saucepan, and cover them with stock; put a buttered paper over them, and cook them for three-quarters of an hour. Rub them through a wire sieve, with a gill of cream, one egg, and three ounces of butter; season them with a little nutmeg, pepper, salt and sugar; mix well, and use.

NEW
HIGH-CLASS RECIPES.

*The bracketed titles under the French names of the Recipes
are explanations, not translations, of the Recipes.*

SOUPS.

Potage à la Crème d'Orge.

(Pearl-Barley Soup.)

Ingredients.

Five ounces of Butter or three-quarters of a pint of Double Cream.

Two pints of White Stock.

Two ounces of Flour.

Two ounces of Pearl Barley.

The Yolks of four Eggs.

Asparagus Heads.

Melt five ounces of butter in a stewpan, and stir two ounces of flour into it. When well mixed up add two pints of white stock. When this boils add two ounces of pearl-barley, and let it cook for about two hours; then pass it through a hair sieve. Return it to the stewpan, and let it simmer for about ten minutes; draw it off the fire, and stir in the yolks of four eggs well beaten. After the eggs are in the soup it must not boil, or the eggs will curdle. Add the cream; stir well till all is thoroughly mixed, and serve with asparagus heads.

Purée d'Asperges.

(Asparagus Purée.)

Ingredients.

Fifty heads of Asparagus.
One quart of Stock or Water.
One pound of Spinach.
Half a pint of White Sauce.
One gill of Cream.
Seasoning.

Boil the asparagus in stock or water with the spinach till tender, and then make the liquid up to one quart again. Pass the asparagus through a hair sieve. Return to the saucepan and re-heat; add the sauce and cream, and serve.

Consommé à la Célestine.

(Clear Soup with Shreds of Pancakes.)

Ingredients.

Three pints of Consommé.
One whole Egg.
One Yolk.
One ounce of Flour.
Half a gill of Milk.
One dessertspoonful of chopped Parsley.
One teaspoonful of chopped Tarragon and Chervil.
One dessertspoonful of grated Parmesan Cheese.
Half an ounce of Butter for frying.

Make a batter in the usual way, fry as pancakes a light brown in the butter, toss, and then drain on paper, cut in very thin shreds. Serve in boiling consommé.

Crème de Concombres à la Reine.

(Purée of Cucumbers.)

Ingredients.

Three large Cucumbers.
Three ounces of Butter.
Two ounces of Flour.
Three pints of Chicken Stock.
One pint of Milk.
One gill of Cream.
Two Yolks of Eggs.
Seasoning.
Bread Croûtons.

Peel the cucumbers, cut them into quarters, remove the seeds and slice coarsely. Boil in salted water till tender, drain, and put in a stewpan with one ounce of butter. Let them stew for about half an hour. Season with pepper, salt, and half a teaspoonful of sugar. Melt the remaining two ounces of butter in another stewpan, stir in the flour, cook it without browning, add the stock, let it boil up, skim it, and add the milk boiling and the cooked cucumber; cook slowly for twenty

minutes. Then rub it through a fine sieve. Stir the cream and yolks of eggs well together, pour them into the purée, return the purée to the fire, stir until the liaison of eggs and cream is formed, then pour it into a soup tureen, and serve with croûtons.

Consommé au Nouilles.

(Clear Soup with Nouilles Paste.)

Ingredients.

Quarter of a pound of sifted Flour.

One Egg.

Pinch of Salt.

A little Water.

Form a hole in centre of the flour, sprinkle in half a teaspoonful of salt. Break the egg in the hole, and work it with a little water vigorously with the palm of your hand until a smooth ball is formed; fold it in a cloth and let it remain for an hour. If the paste is too dry, add a few drops more water; but the paste must be stiff. Roll out the paste very thin, flour well, fold longways, cut into very narrow and small strips, shake them up, let them rest covered over for a little while, boil in salted water, strain and drain, and serve in consommé.

Crouûte au Pot.

(Clear Soup with Toast.)

Ingredients.

Two quarts of good first Stock.
One Carrot.
One Turnip.
Half a Cabbage.
Two ounces of Butter.
One dinner Roll.
Parsley or Chives.
Salt and Nutmeg.

The stock should be made from beef and veal bones, well skimmed, but need not necessarily be clarified. The vegetables, after being washed and peeled, may be cooked whole in the stockpot. Cut the carrot and turnip into round slices, drain the cabbage and cut into small pieces, put all the vegetables into a stewpan with the butter, cover and cook slowly for about ten minutes, season with pepper, salt, and a little grated nutmeg. Strain the stock on to the vegetables, and let them simmer for about thirty minutes, skim occasionally. Cut the roll into thin round slices, place them on a baking sheet, bake them on both sides a golden brown in a moderate oven. Put them in a soup tureen, moisten with a little stock, pour the soup over, sprinkle over with a little chopped parsley or chives, and serve.

Consommé au Ravioli.

(Clear Soup with small Dumplings filled with Force meat.)

Ingredients.

Three pints of Consommé.
Two ounces of cooked Chicken Meat.
Half an ounce of cooked Ham.
Half an ounce of grated Parmesan Cheese.
One Yolk of Egg.
A dessertspoonful of Cream.
One tablespoonful of cooked Spinach.

Pound these ingredients well in a mortar, pass them through a wire sieve, season with a little salt, pepper, nutmeg, and chopped parsley.

Take some Nouilles paste, roll it out very thin, cut it in broad strips about an inch wide. Arrange small heaps of the force meat in rows on the paste, wet all round with a brush. Lay a second strip or band over the garnished one. Press between the little heaps. Stamp them out with a small round cutter. Boil them in salted water for five minutes or more, gently. Drain on a cloth, and serve in consommé.

Bisque de Homard.

(Lobster Soup.)

Ingredients.

Half a pound of Lobster Shell.
Two ounces of Butter.
One Whiting.
Two ounces of Flour.

One quart of second Stock.
One Carrot.
One Turnip.
One Onion.
Celery.
Herbs.
Mace.

Pound the shell (well cleaned) with the butter until quite fine. Put this into a stewpan to dissolve, then add flour and fry for a few minutes. Add stock and vegetables, a nice bunch of herbs, and the whiting; boil for half an hour. Add more stock if too thick. Strain and re-heat, adding a little cream. Serve very hot.

Potage Bortsch Polonais.

(Russian Soup.)

Ingredients.

Three Beetroots.
One Leek.
One head of Celery.
One Onion.
One Cabbage.
Bouquet Garni.
Parsley and Fennel.
One Duck.
Two pounds of breast of Beef.
Three pints of good Stock.

Shred into pieces of the same length and size one beetroot, leek, celery root, parsley and an onion; add to it a little curled cabbage cut in the

same way, and fry the whole in a moderate-sized saucepan. When all is a good light colour stir in the stock, and a soup ladle of sour beetroot juice. Then add a young duck which has been three parts roasted beforehand, about two pounds of breast of beef which has been slightly broiled beforehand, and a bunch of herbs composed of marjoram, two or three dry mushrooms, a bayleaf, and a clove. Let all boil gently until the duck and beef are entirely cooked, then take them out of the soup, cut up the duck in the usual manner and cut the beef also into large dice. Then take out the bunch of herbs, skim the soup and flavour it well. Mix the juice of two red and well-seraped beetroots and a good pinch of chopped and slightly boiled fennel and parsley and add to the soup. Sour cream should be handed with the soup. When the soup is served, add to it the pieces of duck and beef.

FISH.

Cabillaud à la Provençale.

(Braised Cod.)

Ingredients.

About two and a half pounds of Codfish (middle cut).

Half a pint of Velouté Sauce.

One gill of White Wine.

Two small Shalots (chopped fine).

Two ounces of Butter.

Two Yolks of Eggs.

One teaspoonful of Anchovy Paste.

Two teaspoonfuls of Capers.

One teaspoonful of chopped Parsley.

One small bunch of Parsley and Herbs (bouquet).

Wash and wipe the fish well, place it in a stewpan, season with pepper and salt; add velouté sauce, white wine, chopped shalots and bouquet garni. Set it to simmer slowly until the fish is done; baste occasionally. Put the fish on a dish and keep warm. Reduce the sauce until you obtain the desired consistency. Remove the herbs, add the yolks of eggs, work in the butter and pass through a tammy. Return to a smaller stewpan,

add the anchovy paste, chopped parsley and capers, stir a few minutes over the fire, and pour over the fish.

Filets de Merlans frite à la Tyrolienne.

(Fried Fillets of Whiting.)

Ingredients.

Five Whittings.

Salt, Pepper, and Lemon Juice.

Two ounces of Flour.

One Egg.

One tablespoonful of Salad Oil.

Breadcrumbs.

Skin and fillet the whittings, and season the fillets with pepper and salt and lemon juice; roll them in flour, beat up the egg with the salad oil and dip the fillets into it, roll them in fresh breadcrumbs and smooth them over with a knife. Dip the end of each fillet in egg, and skewer them in the shape of rings; fry them nicely in boiling fat, drain them, then serve them piled up on a folded napkin with fried parsley on the top; garnish with quartered lemons, and serve with a good tomato sauce.

Homard Farci au Gratin.

(Stuffed Lobster.)

Ingredients.

One Lobster.
One tablespoonful of White Sauce.
Two Shalots.
One ounce of Butter.
One dessertspoonful of chopped Parsley.
One dessertspoonful of chopped Tarragon.
One tablespoonful of Cream.
Fried Parsley.

Chop the fish coarsely, and mix it with the other ingredients. Fry the shalot in butter until it is a golden brown colour, then add it to the mixture. When quite hot put it back into the shell, sprinkle with browned crumbs and butter; re-heat it in the oven. The shells should be washed and greased with butter. Serve on folded paper, and garnish with plenty of fried parsley.

Rougets à la Vénitienne.

(Red Mulletts.)

Ingredients.

Five red Mulletts.
A dessertspoonful each of chopped Parsley, Onions
and Mushrooms.
Two tablespoonfuls of Salad Oil.
A glass of Sherry.
Pepper and Salt.

One gill of White Stock.
Two gills of Brown Sauce.
One dessertspoonful of Anchovy Essence.
A pinch of castor Sugar.
Spanish Olives.
Truffles, Parsley, Mushrooms, and Fish Force meat.

Clean and wash the fish; dry them well and lay them in a sauté-pan with the teaspoonful each of chopped parsley, onions and mushrooms, the sherry and salad oil; season with pepper and salt, and moisten them with the white stock; cover the mullets with a buttered paper, and cook them in a moderate oven for ten minutes. When done take the fish out of the sauté-pan and keep them warm. Skim the oily substance from the sauce in the sauté-pan; put it on the fire with the brown sauce, anchovy essence and sugar, let it boil for a few minutes, and pass it through a hair sieve. Lay the mullets on a dish and pour this sauce round them. Decorate them with Spanish olives, stuffed with fish forcemeat and chopped mushrooms and truffles. The remainder of the sauce can be handed with the fish.

Dariole de Saumon à la Moscovienne.

(Cold Fish Entrée.)

Ingredients.

About one and a half pounds of cooked Salmon.
Eighteen Oysters.

Three large Truffles.
One hard-boiled Egg.
One teaspoonful of Anchovy Paste.
One teaspoonful of Tarragon Vinegar.
Half a gill of Cream.
About a pint of Aspic Jelly.
Six filleted Anchovies.
A few slices of Cucumber.
A pinch of Cayenne, Salt, Pepper, and grated Nutmeg.

Flake the salmon; line a medium-sized dariole mould with aspic jelly, ornament with a few slices of truffles, some nice flakes of salmon and a few cooked and bearded oysters. Set the garnish well with a little aspic, and put to cool. Pound the remainder of the fish in a mortar, together with six cooked oysters, the hard-boiled egg and the anchovy paste. Season with a pinch of cayenne pepper, salt, and a little grated nutmeg. Rub through a fine sieve, add the tarragon vinegar, the cream, and about half a pint of aspic jelly. Mix well, and fill the mould with the mixture. Put the anchovy fillets, a few slices of truffles and a few bearded oysters between the farce in filling. Should the mixture not quite fill the mould, fill up with aspic jelly, and put it on the ice until required. Immerse the mould in tepid water, turn out on a round dish, garnish round the sides with chopped aspic and a few fancifully cut slices of cucumber.

Darne de Saumon à la Chambord.

(Middle Cut of Salmon Braised and Garnished with Quenelles of Fish, Oysters, Prawns, etc.)

Ingredients.

Four pounds of the middle cut of Salmon.

One pint and a half of Stock, one Onion, Carrot, Clove.

One gill of Sherry, two ounces of Butter, a Bouquet Garni.

One gill of Espagnole Sauce, and one of Tomato Sauce.

One teaspoonful of Anchovy Paste.

The juice of a Lemon.

Twenty-four Fish Quenelles.

Eight Crayfish.

Eight Oysters.

Twelve button Mushrooms.

Three Truffles.

Wash and dry the salmon ; put it in a stewpan with a pint and a half of stock, one carrot sliced, one onion with a clove stuck in it, the sherry, one ounce of butter, bouquet garni, and a few peppercorns ; sprinkle a little salt over it, cover it and let it simmer slowly for about an hour. When it is cooked take up the salmon, strain the stock it was cooked in into a small saucepan, add the Espagnole and tomato sauces, let it boil for a few minutes ; skim well, stir in one ounce of butter, a teaspoonful of anchovy paste and the juice of a lemon, then pass it through a tammy cloth. Dish up the salmon ; take off the skin ; garnish the top and sides with twenty-four small fish quenelles poached, and made from the "Whiting Farce" recipe, twelve cooked mushrooms, eight cooked

oysters and eight crayfish tails or prawns and the truffles sliced. Sauce over gently, and serve the rest of the sauce in a tureen.

Dressed Crab.

Ingredients.

One Crab.

For Dressing.

Two tablespoonfuls of Oil.

Half a tablespoonful of Vinegar.

Half a tablespoonful of Chilli Vinegar.

Half a tablespoonful of Tarragon Vinegar.

Half a teaspoonful of made Mustard.

Salt and Pepper.

For Decorating.

One and a half ounces of Coral Butter.

One and a half ounces of Green Herb Butter.

One and a half ounces of Butter.

Mix the oil, vinegars and seasoning.

Break off the legs and claws, and remove the flesh with a skewer. Underneath the crab all around will be found a dark mark in the shell; knock well on the inside of this and the piece will break away. Remove the flesh, being careful not to use that which is greenish-looking and mixed with curious coarse hairs. Keep some nice white shreds for garnish and mix the remainder of the flesh with the dressing. Wash and dry the shell and put the mixture into it. Sprinkle that kept for garnish on top and pipe

a row of bright red coral butter around the edge of the shell. Next put a row of green butter, and then one of plain white butter. Serve up on a lace paper.

Grenadins de Saumon à la Rouennaise.

(Small Slices of Salmon Larded.)

Ingredients.

About two pounds of Salmon.
 Twelve Mussels.
 Twelve Fish Quenelles.
 Six Crayfish or Prawns.
 One gill of White Wine.
 Half a gill of Red Wine.
 One sliced Onion.
 A few sprigs of Parsley.
 One Bayleaf.
 A sprig of Thyme.
 Three ounces of Butter.
 Juice of half a Lemon.
 Two Yolks of Eggs.
 One ounce of Flour.
 One tablespoonful of Cream.
 Six fried Bread Croûtons.
 Larding Bacon or Gherkins.
 Salt, Pepper, and grated Nutmeg.
 Eight stuffed new Potatoes.

Split the piece of salmon down the centre, remove the skin and bone, and cut about eight nice slices lengthways; pare and flatten them a little, lard one side of each with strips of gherkin or fat bacon, and place in a buttered sauté-pan, season

with salt and pepper, add the white wine and a little mussel liquor, cover with a buttered paper, and cook in the oven until done.

In the meantime, put the fish-bone, skin and parings into a stewpan with a little salt, pepper, grated nutmeg, half a sliced onion, parsley, bay-leaf, thyme, the red wine and half a pint of water. Cover and let simmer for half an hour.

Cook an ounce of flour in a stewpan with an ounce of butter, stir in the above prepared strained fish fond; let it boil for a few minutes, long enough to cook the flour thoroughly. Add two yolks of eggs and the lemon juice, stir over the fire to bind the eggs, and pass through a tammy. Finish with a tablespoonful of cream.

Place the mussels, when cleaned, into a stewpan with half an ounce of butter, a sprig of parsley, half a sliced onion, and a gill of water. Boil until they open. Strain the liquor, pick the mussels and place them in the liquor, together with the fish quenelles (previously prepared), and the tails of six crayfish, to keep warm.

Dish up the grenadins in a row alternately with the bread croutons of the same shape, garnish round with stuffed new potatoes, the mussels, quenelles and crayfish.

Reduce the juice in the sauté-pan with its fond, add one ounce of butter, and strain into the sauce, pour a little sauce over the fish, and serve the rest separately.

Mousselines de Saumon à la Cardinal.

(Cream of Salmon in small Moulds.)

Ingredients.

One pound of Salmon.
Half an ounce of Butter.
Quarter of a pint of well-reduced Béchamel.
One white of Egg.
Lobster Coral.
Two Truffles.
Seasoning.
Cardinal Sauce.

Trim off the skin and remove the bone of the salmon. Pound it in a mortar until quite fine. Add gradually the reduced Béchamel sauce and the white of egg. Season with pepper, salt, and a pinch of cayenne or Nepaul pepper. Put through a fine wire or hair sieve, and keep cool until wanted.

Butter a number of small dariole or timbale moulds, decorate the top of each with fancifully cut slices of truffles, sprinkle all over the inside with finely-chopped lobster coral. Fill them with the salmon forcemeat, steam for twenty-five minutes, dish up on a hot dish, and serve with sauce cardinal.

Saumon à la Montpensier.

(Braised Salmon.)

Ingredients.

Three pounds of Salmon (head piece or middle cut).

One Bouquet Garni.

One ounce of Butter.

One chopped Shalot.

One Carrot.

One sliced Onion.

Eighteen Olives.

One glass of Claret.

Half a gill of Wine Vinegar.

Salt.

Pepper.

Aromatic Seasoning.

Half a pint of Matelote Sauce.

Clean and wash the fish, trim it nicely, and put it in a well-buttered sauté-pan with the sliced carrot, onion, bouquet of herbs, and seasoning to taste.

Moisten with the wine and vinegar, cover with a buttered paper; put it in the oven to cook for about an hour; baste it well from time to time. When ready for serving, take it out and dish it up, remove the upper skin, and keep hot.

Fry the shalot in a little butter, add the liquor left from the fish to it; boil up and add the matelote sauce. Reduce a little. Sauce over the fish, garnish with stoned and stuffed Spanish olives, and serve the remainder of the sauce separately.

Tranchettes de Saumon à la Suédoise.

(Small Slices of Salmon, Breadcrumbed and Fried.)

Ingredients.

Two and a half pounds of Salmon.

Three Eggs.

Three ounces of Butter.

Breadcrumbs.

Pepper, Salt, and Mustard.

For ten or twelve persons take two and a half pounds of salmon, cut it crossways in slices about a quarter of an inch thick, and season with pepper, salt, and mustard. Have some raw egg beaten on a plate, and to each egg add one ounce of warm butter. Dip the slices of salmon in this and then into freshly made breadcrumbs, and fry in oil, butter, or fat for six to eight minutes. Then take up and arrange each slice in a square Neapolitan paper. Dish up in pile, and serve for dinner or luncheon with Suédoise sauce handed round.

Filets de Soles en fers à Cheval.

(Filets of Soles in Horseshoe Moulds.)

COLD FISH ENTRÉE.

Ingredients.

One large or two small Soles.

Quarter of a pint of picked Shrimps.

One teaspoonful of Anchovy Paste.

One teaspoonful of chopped Parsley.
Half a pint of Béchamel Sauce.
About a pint of Aspic Jelly.
Half a Lemon.
Two Truffles.
Pepper and Salt.
One ounce of Butter.
Half a gill of White Wine.

Fillet the soles; trim the fillets neatly. Chop the shrimps finely; put them in a saucepan on the fire with half an ounce of butter. When warm add the anchovy paste and parsley; moisten with a few drops of Béchamel sauce; put on a plate and let it cool. Spread one side of the fillets with this mixture; roll up; shape them well, and tie up with some cotton, place them in a buttered sauté-pan, sprinkle over with a few drops of lemon juice and the wine; season with pepper and salt; cover with a buttered paper, and cook slowly in the oven for about fifteen minutes. Set them on a baking-sheet, and let them get quite cold.

Put the Béchamel sauce, with about a gill of aspic, in the sauté-pan, containing the fish liquor; stir over the fire, let it reduce a little, and strain it through a tammy. Now trim the fillets neatly, and cut them in two, crossways.

Mask the moulds with a coating of aspic jelly; ornament the bottoms with small dice of truffles to represent the nails, etc. Cover with a layer of the prepared chaudfroid sauce; when nearly set put half a fillet in each mould. Cover well with chaudfroid sauce, set this again, and fill up with

more sauce, finishing with a thin coating of aspic. Put them on the ice till set. Turn out and place them on a dish in border shape ; put a little salad in the centre, and garnish with fancifully cut pieces of aspic and parsley.

Filets de Sole à la Normande.

(Filletts of Sole Garnished with Oysters, Mussels and Mushrooms.)

Ingredients.

Two Soles.
Half a gill of White Wine.
One ounce of Butter.
One Shalot.
Pepper and Salt.
Twelve Oysters.
Twelve Mussels.
Twelve button Mushrooms.
One French Roll.

Clean, skin and trim two medium-sized soles, remove the fillets, fold in two, and place them in a buttered sauté-pan ; season with pepper and salt, moisten with a gill of white wine, sprinkle with a finely chopped shalot, place a few bits of butter here and there, and cook it in the oven for about ten minutes.

Have ready a garniture of prepared oysters, mussels, button mushrooms, and croûtes or

fleurons. Put the fillets on a dish, dress the garnish neatly, sauce over with Normande sauce in which the garniture has been cooked; garnish the sides with croûtes of bread made from rasped French dinner rolls (buttered slices browned in the oven), or with fleurons. Serve with the remaining sauce separately in a boat. (For sauce for this see page 98.)

P.S.—If smelts are in season, this dish should be garnished with a few fried smelts, in addition to the other garniture.

Soles au Parmesan.

(Soles Dressed with Cheese.)

Ingredients.

Two medium-sized Soles.
One ounce of Flour.
One tablespoonful of Mushroom Juice.
Two ounces of Butter.
One gill of Milk.
One ounce and a half of grated Parmesan.
Salt, Pepper, and Nutmeg.

Skin, trim and wipe two medium-sized soles place them in a buttered sauté-pan, season with salt and pepper, pour over them the mushroom juice, cover with a buttered paper and cook in the oven until done. This will take from fifteen to twenty minutes, according to the heat of the oven.

In the meantime put the milk on to boil, melt the butter in a stewpan, add the flour, and stir over the fire until the flour becomes of a fawn colour. Now add the boiling milk and a little boiling water. Stir over the fire, and let it simmer for about ten minutes, adding a little more water, or fish stock if you have any, if the sauce should appear too thick. Stir in the cheese. Season with salt, pepper, and a little grated nutmeg.

The soles being cooked by this time, place them on an oblong flat dish. Add the liquor which remains in the sauté-pan to the sauce. Strain it and pour it over the fish. Sprinkle with the rest of the grated Parmesan. Place the dish in the oven, or under a hot salamander just long enough for the top to take colour, and serve in the same dish.

Turban de Filets de Sole à la Montbellier.

(Border Mould of Fillets of Sole and Whiting Purée.)

Ingredients for the Beurre.

One hard-boiled Egg.

One Shalot.

Chopped Parsley, Tarragon, Chervil and Fennel. one teaspoonful of each.

Three Anchovies.
 One ounce of Butter.
 One tablespoonful of cooked Spinach.
 A dessertspoonful of Cream.
 Half a gill of Aspic.
 Pepper and Salt.

Ingredients for Purée of Whiting.

Half a pound of cooked Whiting.
 One teaspoonful of Anchovy Paste.
 One tablespoonful of White Sauce.
 One tablespoonful of Cream.
 Two hard-boiled Yolks of Eggs.
 Half a pint of Aspic.
 Pepper and Salt.

A large Sole.
 Pepper and Salt.
 One glass of White Wine.

Line a border mould with a thin layer of aspic jelly; when set mask the inside with a layer of Beurre Montbellier, prepared as follows:

Pound the egg in a mortar with the shalot, the chopped parsley, tarragon, chervil, and fennel leaves, the Gorgona anchovies boned, the butter and cooked spinach. When well pounded add the cream, season with pepper and salt, and rub through a fine wire sieve, dilute with about half a gill of aspic jelly, and mask the mould as directed.

Pound half a pound of the cooked whiting freed from bones, add the anchovy paste, half a tea-

spoonful of essence of anchovy, or a tablespoonful of white sauce, the yolks of eggs, and the cream. When smooth rub through a fine sieve, mix with about half a pint of liquid aspic jelly, season with a dust of cayenne pepper and salt. This is the whiting purée.

Take the fillets of a large sole, cut each in two, flatten them a little with a cutlet-bat, fold in two, trim the sides, put them in a buttered sauté-pan, season with pepper and salt, moisten with a glass of white wine, and cook in a slow oven until tender. When done take them out and put them to cool.

Line the mould again with the whiting purée, set the fillets of sole, after being well drained, in a row in the border, fill up with the remainder of the whiting purée, and put on the ice to set.

Turn out the mould on a round entrée dish and put some salad round it, composed of lettuce, endive and cucumber, etc.

Truite Saumonée à la Rothschild en Chaudfroid.

(Salmon Trout Stuffed.)

Ingredients.

One large Salmon Trout, five pounds.
Four ounces of Breadcrumbs.
One ounce of chopped Onions.

Three Yolks of Eggs.
Half a pound of Whiting Forcemeat.
Pepper and Salt.
One ounce of Butter.
One ounce of coarsely chopped Truffles.
One gill of Stock.
Two glasses of Sherry.
One gill of Stiff Aspic.
One pint of Madère Sauce.
One gill of Mayonnaise Sauce.
Cucumber.
Lemon.
Parsley.

Wash the fish well, and make an opening for filling ; make a stuffing of the whiting forcemeat, breadcrumbs, chopped onions, truffles, eggs, butter, pepper and salt, and fill the fish with it ; sew up the opening, and put the fish in a well-buttered baking-dish, with the stock and wine. Cover it over with buttered paper, and cook it gently in the oven for about an hour ; baste it occasionally. When done, take it up and let it get cool, then skin it, and mask it over with sauce made of the Madère sauce, and a little stock well reduced, mix in a gill of stiff aspic, strain this and mask with it when it is nearly set. Garnish the fish with pieces of truffles, savoury jelly, slices of cucumber and lemon, and parsley. Serve it with the remainder of the sauce with a gill of mayonnaise sauce mixed with it.

Farce de Merlan.

(Whiting Farce.)

Ingredients.

Three ounces of Butter.

Two ounces of Flour.

One gill of Stock.

One large Whiting.

Three Eggs.

One tablespoonful of Béchamel Sauce.

Salt, Pepper and Nutmeg.

Skin a large whiting, remove the flesh from the bone, put it into a mortar with two ounces of butter and four ounces of panada made of one ounce of butter, two ounces of flour and one gill of stock; pound these well together, rub them through a hair sieve, put them back in the mortar, and work in by degrees a tablespoonful of stiff cold Béchamel sauce, one whole egg and the yolks of two eggs. Season with pepper, salt and grated nutmeg.

ENTRÉES.

Andouillettes de Volaille en Caisse à la Française.

(Small Sausages of Chicken Forcemeat.)

Ingredients.

Four ounces of cooked Chicken (freed from skin
and bone).

Three Mushrooms.

Two ounces of cooked lean Bacon or Ham.

Two ounces of Butter.

One small Shalot.

One dessertspoonful of Flour.

One Egg.

A little Stock.

Lemon Juice.

Chopped Parsley.

Fried Parsley.

Salt, Pepper and Nutmeg.

Pig's Caul.

Oval Soufflée Cases.

Chop the chicken, ham, and mushrooms up
finely. Melt half an ounce of butter in a stew-

pan ; when hot put in the shalot finely chopped, fry it a little, stir in the flour, and cook it, stirring for a few minutes ; moisten it gradually with about half a gill of stock, let it come to the boil, mix in the chopped meat, add a teaspoonful of chopped parsley and a few drops of lemon juice ; bind with the yolk of one egg, season with pepper, salt, and a little grated nutmeg. Let it get thoroughly hot, and spread it on a plate to cool. Make it up into neatly even-sized cork shapes (the right size for the paper cases), wrap each carefully in a square of pig's caul, fasten the ends with a little white of egg, and let them stand a few minutes to set.

Butter the inside of the paper cases : fry sufficient parsley to form a little bed in each case ; melt the remainder of the butter in a sauté-pan, put in the andouillettes, and fry a golden colour over a moderate fire, or in the oven. When done, take them up, drain them on paper or cloth, put them on a baking-tin, brush the surface of each with liquid meat glaze, pass in the oven for another minute, and put them on the beds of fried parsley in the paper cases. Dish up, and serve with a boat of piquante or tomato sauce.

P.S.—Any kind of game, veal, pork, or other meat may be substituted for chicken, but the name then changes to Andouillettes de Ciber, Andouillettes de Veau, etc.

Cailles en Pilaff.

(Quails served on Rice.)

Ingredients.

Quails, Onions, and Pepper.

Nutmeg and Saffron.

A tablespoonful of Tomato Sauce.

Two ounces of Butter.

Cooked Rice (a tablespoonful to each quail).

One gill of White Stock.

Put the quails into a stewpan with the butter, and let them cook gently; then add a little chopped onion, the cooked rice, salt, pepper, nutmeg, a little saffron, the tomato sauce and stock. Let this all cook gently together for about half an hour. Dish the quails up on the rice, and serve very hot.

Carré d'Agneau, froid à la Bohémienne.

(Cold Neck of Lamb.)

Ingredients.

A neck of Lamb.

Carrots, Turnips, Pepper and Salt.

One pint of Stock.

Rice and Green Peas.

Half an ounce of Gelatine.

Half a pint of Tomato Sauce.

A dessertspoonful of Red-currant Jelly.

Half a pint of Aspic Jelly.

Remove the skin and fat from a nice neck of lamb; shorten the bones and saw off the chine bone, make the joint look trim and neat, put it in a sauté-pan with some sliced vegetables, season with pepper and salt, pour in half a pint of stock, and braise it in the oven for an hour or an hour and a half, according to the size of the neck. When the joint is cooked take it out of the pan and put it away to cool. Add the rest of the stock to the vegetables and let it reduce to half the quantity, skim it and strain it, return it to a stewpan and add half an ounce of gelatine dissolved, the tomato sauce, and red-currant jelly. When this is nearly cold, but still liquid, sauce the cold lamb over with it, and when it is set, mask it with a thin layer of aspic jelly. Dish up on a bed of rice cooked in good stock, or on a large croûton of bread, and garnish round with little timbales of peas set in aspic.

Chartreuse de Faisan à la Balmoral.

(Chartreuse of Pheasant, Cold.)

Ingredients.

Half a pound of cold Pheasant (freed from skin and bone).
Six to eight small Chicken Quenelles.

Three large Truffles.
Six preserved Mushrooms.
Three to four cooked Cocks' Combs.
One and a quarter pints of Aspic Jelly.
Seasoning.
Half a pint of Espagnole Sauce.
One glass of Sherry.
Half an ounce of Meat Glaze.
One hard-boiled Egg.

Line a charlotte or large timbale mould with aspic. Ornament the bottom and side with fancifully cut slices of truffles and white of egg; fix the garnish with liquid aspic. Put one gill of Espagnole sauce and one gill of aspic in a stew-pan, and reduce it to one-third, pass it through a tammy. Allow this to cool a little, then mask the inside of the mould.

Cut the pheasant meat, mushrooms, and remainder of truffles into convenient slices or fillets; mix them with a sauce composed of Espagnole sauce, sherry, a quarter of a pint of aspic, and half an ounce of meat glaze. Reduce this well, and when cooling, mix it with the meat, etc. Season the whole to taste, and fill up the mould.

Stand on the ice until perfectly firm, immerse in tepid water, and turn out on a dish with folded napkin or dish paper. Garnish with chopped aspic round the base of the dish, and serve.

Côtelettes de Mouton Braisée.

(Mutton Cutlets Braised.)

Ingredients.

The best end of a Neck of Mutton.
Larding Bacon, and one ounce of Butter.
One Carrot, two Onions and a small Turnip.
Thyme, Marjoram, Parsley and Bayleaf.
Three gills of Stock, and a little Glaze.

Trim the cutlets neatly, and lard them with thin strips of bacon about one inch long on the lean part with about eight pieces to each cutlet. Butter a braising-pan, and put the carrot, turnip, and onions, sliced, into it, also the bunch of herbs and the trimmings of bacon. Place the cutlets on the top of these, arranging them in a circle, with the bone ends pointing to the middle of the pan. Cover the cutlets over with a buttered paper, and fry them gently for about ten minutes; then pour three gills of stock in at the side of the pan, and let them cook steadily for about three-quarters of an hour over a slow fire or in the oven. When done, take the cutlets up, remove all the fat from the stock, and strain it; let it boil, and reduce until it is as thick as single cream. Glaze the cutlets lightly, and put them into the oven to crisp the lardons; dish them up in a close circle, and serve with a purée of any vegetable you fancy.

Côtelettes de Mouton à la Pompadour.

(Mutton Cutlets à la Pompadour.)

Ingredients.

Two pounds best end Neck of Mutton.
Half a pound of Liver Farce.
Eight leaves of French Gelatine.
Half a pint of Tomato Sauce.
Half a pint Béchamel Sauce.
Salt, Pepper and Nutmeg.

Trim the neck neatly; cut off the bone ends, and braise in the usual way; when done, set to cool. Prepare a farce as described below. Cut the meat into cutlets, trim them, season them with pepper and salt, and cover one side with a thin layer of liver farce.

Dissolve the gelatine and mix with the sauces, allowing four leaves for the tomato sauce, and four leaves for the Béchamel sauce. When sufficiently cool, coat the covered side of the cutlets alternately with white sauce and tomato sauce. After the cutlets are well masked place them on a wire tray, and keep them on the ice till quite set.

Dish them up in a circle, put a dressed salad in the centre of the dish, place a paper ruffle on each cutlet, and serve.

Liver Farce.

Ingredients.

Half a pound of Calf's Liver.
Quarter of a pound of Bacon.
One small Carrot.
A small bunch of Herbs.
One small Onion.
Salt, Pepper and Nutmeg.

Cut up the bacon and fry it. Slice the liver and add to the bacon; fry it a little, then put in the carrot and onion sliced, also the herbs, and season with salt, pepper, and nutmeg.

When cooked sufficiently, pound all in a mortar. Rub through a sieve. The farce is then ready for use.

Côtelettes de Mouton à la Princesse.

(Cold Mutton Cutlets Masked with Chicken Force meat.)

Ingredients.

Best end of the Neck of Mutton.
Half a pound of Chicken Force meat.
Mushrooms and Truffles.
Half pint of Madère Sauce.
One Egg.
Breadcrumbs.
Asparagus and Green Peas.
One gill of Périgord Sauce.
Two ounces of Butter.

Trim the cutlets in the usual way ; sauté them in butter, and then press them between two baking sheets. Mince up some mushrooms and truffles very finely, and mix with the chicken forcemeat. When the cutlets are cold, cover one side of them with a thin layer of the forcemeat, and dip them in stiff Madère sauce ; put them on ice till the sauce is quite set. Then dip them in egg and crumbs, and fry them in clarified butter. Drain them on a cloth ; dish them up in a circle, and fill up the centre with cooked asparagus points and green peas mixed. Pour Périgord sauce round them, and serve.

Côtelettes Mignons à la Tomate.

(Cold Cutlets of Chicken or Game Forcemeat.)

Ingredients.

One gill of Tomato Sauce (incorporated with Aspic).

One gill of Aspic Jelly.

Quarter of a pound of Chicken or Game Forcemeat.

One spoonful of Cream.

One Yolk of Egg and one hard-boiled Egg.

Seasoning.

Parsley for garnishing.

One small Truffle.

Mask eight small outlet moulds with aspic, work the forcemeat to a creamy substance with

the yolk of an egg and some aspic to make it set. Ornament the bottom of the cutlets with hard-boiled white of eggs and truffle. Mark some lines to imitate bones and fat of cutlets; line with the tomato sauce to imitate the fleshy part; fill up with the forcemeat previously prepared; cover the surface of each cutlet with tomato sauce. Place them on the ice for about half an hour; turn out carefully; dish up on a folded table-napkin or glass dish. Garnish with parsley, and serve.

Côtelettes de Perdreau à la Financière.

(Partridge Cutlets à la Financière.)

Ingredients.

Two Partridges, one trussed for roasting.
One hard-boiled White of Egg.
Three Truffles.
Eighteen preserved Mushrooms.
A small bottle of Financière.
Half an ounce of Butter.
One Egg.
One ounce of Panada.
One gill of Madère Sauce.
One gill of Velouté Sauce.
Meat Glaze.
Salt and Pepper.
A croûton of fried Bread.
A small quantity of mashed Potatoes.

Roast one of the partridges, bone the other, and pound the meat (freed from sinews and skin)

till smooth ; add the raw egg, panada, and velouté sauce ; season to taste, and rub through a wire sieve. This is the farce.

Bone the cooked partridge when cold, and cut into thin slices. Stamp out some rounds for garnish, and eight to ten pieces in cutlet shapes. Stamp out some little rounds of white of egg (hard-boiled), of truffle, and of mushroom. Butter eight to ten cutlet moulds ; decorate them with these little rounds ; put them on the ice to set.

Work up the farce, and put a thin layer in each mould ; lay a thin slice of cooked partridge on the top, and fill up with the farce ; smooth it over with a wet knife (press down well) ; put them in a sauté-pan containing a little hot water ; cover with a buttered paper, and cook in a moderately heated oven for twenty minutes.

Heat up the *financière* ragoût in the *Madère* sauce ; add the remaining mushrooms and truffles, left whole or cut in dice, and simmer for a few minutes. Fix the *croûte* of fried bread in the centre of a hot dish, around which put a thin border of mashed potatoes. Turn out the cutlets, dress them neatly on the border of mashed potatoes. Arrange the *financière* as a garnish artistically on the *croûte* ; pour the sauce round, sprinkle with a little dissolved meat glaze, and serve.

Crépinettes de Lapin (ou Veau) au Beurre de Concombres.

(Crépinettes of Rabbit or Veal with Cucumber
(Cream) Sauce.

Ingredients.

About twelve ounces cold Rabbit (or Veal).
Four ounces of Bacon or Ham.
Two ounces of Butter.
One Shalot.
One ounce of Flour.
Two Eggs.
Half a gill of White Stock.
One teaspoonful of chopped Parsley.
One Pig's Caul.
One teaspoonful of Lemon Juice.
Salt, Pepper and Nutmeg.
Breadcrumbs.
Frying Fat.

Remove the outside part of the skin and gristle from the meat; chop it up finely with the bacon or ham. Put the butter in a stewpan; when hot add the chopped shalot, and fry it a little; stir in the flour; let it cook, but do not let it brown; add the stock gradually, and when boiling add the chopped meat, chopped parsley, and lemon juice. Stir this over the fire until the meat is thoroughly hot; then bind with two yolks of eggs. Season to taste with salt, pepper and grated nutmeg. Keep stirring over the fire until the eggs are set; then spread the meat out on a dish, cover with a piece of buttered paper, and let it cool.

When cold, make it up into neat cork-shapes, spread out the caul, cut it into square pieces, and wrap each piece of meat neatly in the caul. Dip them in the beaten egg; roll them in the bread-crumbs; stand them aside for about ten minutes, and then fry them a golden colour in hot fat or clarified butter. Drain them on a cloth; dish them up on a folded napkin; garnish with a few sprigs of parsley, and serve, with cucumber sauce separately in a boat.

Épigrammes de Faisan à la Jardinière.

(Small Fillets of Pheasant with Vegetables.)

Ingredients.

One Pheasant.
Three ounces of Butter.
One gill of Allemande Sauce.
One Egg.
Pepper and Salt.
Breadcrumbs.
One gill of Demi-glacé Sauce.
A Jardinière of Vegetables.

Remove the fillets from a pheasant; flatten them with a cutlet-bat, cut into neat heart-shapes, season with pepper and salt. Dissolve half an ounce of butter in a sauté-pan; put in the fillets and fry a little on both sides until firm. Place

them between two tin sheets, and press lightly until cold. Trim them neatly; dip them in nearly cold Allemande sauce; set them to cool; when cold, egg and breadcrumb them twice, and put them on a plate.

Fry the épigrammes in clarified butter or lard; put short bones in the small ends; dish them up in a circle on the forcemeat border; fill the centre of the border with a garnishing à la jardinière; pour some demi-glace sauce round the dish, and serve.

Farce de Faisan.

(Pheasant Forcemeat.)

Ingredients for the Forcemeat.

The rest of the Pheasant.
One gill of Espagnole Sauce.
One wineglass of Sherry.
Two ounces of Foie-gras.
Two ounces of Panada.
One Egg.
Two ounces of Sausage Meat.
Two ounces of Breadcrumbs.
Spice, Pepper and Salt.
A few Truffles.

Braise the carcass of a pheasant; remove the meat, of which you require half a pound; put it in a mortar freed from bone and skin, and pound well; add the Espagnole sauce, the sherry, foie-gras, panada, egg, sausage meat, and breadcrumbs.

Season with pepper, salt, and a little aromatic spice, and pass all through a very fine sieve.

Some chopped truffles may be introduced after the farce is passed through the sieve. Fill up a greased border mould with the farce, and cook in the usual way.

Demi-Glace Sauce.

This sauce is made from the gravy of roast veal, which is reduced to the desired consistency with a ladleful of Espagnole sauce and a small glass of sherry. Pass the sauce through a tammy-cloth and use as directed.

Garniture à la Jardinière.

This consists of carrots and turnips scooped out with a small vegetable scoop, cooked in salted water, seasoned with a pinch of sugar and butter, to which are added cooked green peas, French beans cut in short pieces, and sprigs of cooked cauliflower; sprouts, or other seasonable vegetables may be added. Warm up this jardinière; add a ladleful of Espagnole sauce, a small piece of butter, and seasoning.

P.S.—Veal or chicken can be prepared in the same manner as the pheasant.

Escalopes de Veau à la Russe.

(Veal Cutlets à la Russe.)

Ingredients.

About two and a half pounds of Knuckle of Veal.
Three ounces of Clarified Butter.
Four ounces of Pork.
Four ounces of Beef Marrow.
Two ounces of Anchovy Paste.
One Yolk of Egg.
One teaspoonful of powdered Savoury Herbs.
Half a pint of small Mushrooms.
One gill of Demi-glance Sauce.
Salt, Pepper and Breadcrumbs.

Trim the veal; cut it into eight even-sized scollops; beat them with a cutlet-bat, and shape neatly.

Put two ounces of butter in a sauté-pan; when hot put in the scollops, and fry over a quick fire a nice light brown colour. As the meat will afterwards be cooked again, the frying process should be done quickly, without actually cooking the scollops or cutlets. Place them between two boards; put a weight, not too heavy, on the top, and keep thus until cold. Strain the butter and keep for further use.

Cut the pork and marrow into small pieces; pound in a mortar; when fine add the anchovy paste, savoury herbs, yolk of an egg, and a small piece of butter about the size of a nutmeg. Pound thoroughly till smooth. Season with pepper and

salt ; rub through a fine sieve, and cover each side of each scollop thickly with this farce.

Put them on a buttered baking-sheet ; cover over with a few fried breadcrumbs sprinkled with oiled butter, and place in a hot oven for about ten minutes.

If preserved mushrooms are used, drain them well ; sauté them in a little butter, season with salt and pepper, add the demi-glace sauce, and cook for ten minutes.

Dish up the scollops in a circle on a hot round dish, and put the ragout of mushrooms in the centre.

Filets de Bœuf, piqué à la Brillat.

(Filets of Beef, larded à la Brillat.)

Ingredients.

Middle cut of Fillet (about four pounds).
One large Truffle.
One glass of Sherry.
One small Carrot.
One small Turnip.
One small Onion.
Ten Peppercorns.
One bunch of Savoury Herbs (Bouquet Garni)
Larding Bacon.
Four even-sized Tomatoes.
Eight small Potatoes.
Two ounces of Butter.
One Spanish Onion.
Two ounces Parmesan Cheese.

One ounce of Breadcrumbs.
Two Yolks of Eggs.
Eight rounds of Bread Croûtes.
One quart of Stock.
One gill of Brown Sauce.
Pepper and Salt.
Meat Glaze.

Take away all the skin, sinew, and fat from the fillet, trim it a little, and cut it into eight even-sized slices (fillets). Lard one side of each fillet with strips of bacon and strips of truffles.

Clean the carrot and turnip, cut them into slices, peel the onion and cut it into slices. Season the fillets with pepper and salt, and put them with the vegetables, herbs, peppercorns, and trimmings of bacon in a thickly buttered sauté-pan. Put it on the fire, and broil both sides of the fillets a little, then add the sherry and stock, cover with a lid or buttered paper, and braise them in the oven for about twenty minutes. Take out the fillets, put them on a dish and keep them hot. Remove the fat from the liquor, add the brown sauce, boil it gently for ten minutes, and strain.

Boil the Spanish onion in salted water. Peel the potatoes, cut the ends, scoop out the centre with a column cutter. Prepare a mixture with the Spanish onion finely chopped, the grated Parmesan cheese, the breadcrumbs, yolks of eggs, and one ounce of butter.

Fry the potatoes in hot fat or lard, drain and cool them, then fill them with the above stuffing. Cut the tomatoes in slices, broil slightly in butter.

Put a stuffed potato on the tomato, place them on a baking-sheet and bake for ten minutes.

Dish up the fillets on fancifully cut croûtes of fried bread. Brush over the surface of the fillets with dissolved meat glaze. Garnish round the dish with the stuffed potatoes and tomatoes, pour a little of the sauce round the dish, and serve the remainder in a sauce-boat.

Filets de Bœuf à la Garibaldi.

(Filets of Beef à la Garibaldi.)

Ingredients.

Two and a half pounds of Fillet of Beef (middle cut).

About a quarter pound of Beef Marrow.

Three large Truffles.

Half a pound of Fat Bacon.

Two Eggs.

Two ounces of Butter.

Tomato or Piquante Sauce.

Salt, Pepper and Nutmeg.

Macaroni Croquettes for garnish.

Cut the fillet into slices about a quarter of an inch thick, beat them a little with a wet knife, and stamp or cut some rounds out of them about two inches in diameter. Cut as many thin round slices of marrow as you have fillets, blanch them and keep them till required.

Remove the skin and fat from the trimmings of

the fillet, cut up small and pound in a mortar till smooth, add suet and marrow (about half the quantity of the meat), pound together thoroughly, mix in the yolks of two eggs, season with pepper, salt, and a little nutmeg, and rub through a wire sieve. This is the beef farce.

Season the fillets, put a thin slice of blanched marrow and a slice of truffle on each, placing a thin layer of beef farce between each. Put a thin slice of bacon as near as possible the size of the fillets on the top of each fillet thus prepared; press slightly together. Cover over completely with a thin layer of farce. Chop the trimmings of truffle finely, dip the fillets in white of egg, sprinkle the surface with chopped truffle. Melt the butter in a sauté-pan; when hot put in the fillets and broil over a quick fire for a few minutes, then cover with a buttered paper and finish in a hot oven. When done take up, dress in a row on a small bed of mashed potatoes. Sauce over with well-reduced tomato or piquante sauce, garnish the sides with fried macaroni croquettes, and serve hot.

Macaroni Croquettes.

Ingredients.

Two ounces of well-cooked Macaroni.	
Two ounces of chopped Ham.	
Half an ounce of Flour	} Panada.
Half an ounce of Butter	
Half a gill of Stock	

One ounce of Parmesan.
One Egg.
Breadcrumbs.

Make the panada, stir in the macaroni and ham chopped, add the cheese and seasoning ; turn this on to a plate to cool. Make it up into croquettes, egg and crumb, and fry.

Filets de Bœuf à la Madeleine.

£ (Filets of Beef à la Madeleine.)

Ingredients.

A Fillet of Beef.
Three ounces of clarified Butter.
Three ounces of Meat Glaze.
Four ounces of fresh Butter.
The juice of a Lemon.
One Shalot.
A sprig of Thyme.
A sprig of Tarragon.
A sprig of Chervil.
A sprig of Chive.
A few sprigs of Parsley.
Two dozen new Kidney Potatoes.
Salt, Pepper and a pinch of Cayenne.
Eight fried bread Croûtons the size of the Filets.

Choose a fillet of medium-sized thickness, cut the piece in eight even-sized slices of, say, a quarter of a pound each, beat them a little with a cutlet-bat, and trim them neatly. Prepare the same number of bread croûtons, about the size

of the fillets, fry them in clarified butter, and drain.

Warm up the meat glaze in a small earthenware pan, work it with a wooden spoon, add gradually two ounces of fresh butter, stir vigorously until it resembles a light creamy substance, adding in the meantime the lemon juice, one finely chopped shalot, also the tarragon, parsley, chervil and chive, all finely chopped. Season with pepper, salt, and a little cayenne.

Clean the potatoes, parboil them, drain them well, and fry them in butter a nice light yellow; season with salt, pepper, and a pinch of cayenne. When done sprinkle with a little finely chopped parsley. Put two ounces of butter in a sauté-pan; when hot add the fillets, let them brown on one side, then turn them and brown the other side over a quick fire, season a little, dish up on the croûtons, place them on a round dish, put the potatoes in the centre or round the fillets in a row. Put a dessertspoonful of the butter prepared as above on each fillet, sprinkle a few drops of meat glaze in the centre of this, and serve quickly.

Filets de Bœuf à la Viennoise.

(Filets of Beef à la Viennoise.)

Ingredients.

Two pounds of lean Beef.
One teaspoonful of chopped Parsley.
One teaspoonful of Savoury Herbs.
Three ounces of Butter.
One tablespoonful of Flour.
Three Onions.
Two Eggs.
One gill of Demi-glace Sauce.
Salt, Pepper, Cayenne and Nutmeg.

Remove the sinews from the meat, cut it into small pieces and chop it up very fine, or pass it twice through the mincing machine. Mix this with chopped parsley, savoury herbs, a little flour, one yolk of egg and one whole egg, season with salt, pepper, and a little grated nutmeg. Form some even-sized balls, flatten each with the palm of your hand to give them the shape of round filets.

Peel and slice the onions, cut some of the slices from the centre of each onion rather thicker than the rest, divide the rings carefully, and reserve the largest for frying separately. Dissolve about an ounce of butter in a frying-pan, and fry the onions until of a golden colour. Put them in a small stewpan with sufficient brown sauce to keep moist, and allow to simmer gently for about twenty minutes.

Dredge the prepared fillets with a little flour, and fry in butter in a frying-pan. Dip the onion rings into flour, then into white of egg, and again into flour, place them in a frying-basket and fry a golden colour.

Dish up the fillets, put a spoonful of stewed onions on the centre of each. Ornament round the fillets with the fried onion rings. Sauce over the fillets with demi-glaze sauce, sprinkle with a few drops of meat glaze, and serve.

Filets de Caneton Farci à la Légumière.

(Fillets of stuffed Duckling à la Légumière.)

Ingredients.

One Duckling.
Veal Foremeat.
A little lean Ham and Bacon.
One Onion.
Bouquet Garni.
Pepper and Salt.
One gill of Stock.
Half a pint of Madeira Sauce.
One tablespoonful of Tomato Sauce.
Green Peas.
Turnip and Carrot.
Sippets of Bread.

Remove the backbone from a large-sized duckling, lay it out flat, and take out the other bones,

have ready some veal forcemeat (as below), spread the stuffing over every hollow place of the inside of the duck, lay a few strips of raw ham in between the forcemeat, tie or sew up the duckling with strings. Put a few slices of bacon at the bottom of a deep sauté-pan, with a small bouquet garni, and a few slices of onion; lay the duckling in the pan, season with pepper and salt, moisten with a little stock, and put it in a moderate oven for about an hour or more until tender, basting it from time to time; take it up and keep it warm. Take out the bacon and onion from the sauté-pan, add half a pint of Madeira sauce and a tablespoonful of tomato sauce, let all simmer for a few minutes, and pass through a tammy cloth. Cut the duckling into neat slices, dish it up in an oblong entrée dish, garnish the sides with alternate groups of cooked green peas, young earrots and turnips (scooped out) and a few sippets of bread, pour the sauce over it carefully, and serve.

Farce de Veau.

(Veal Forcemeat.)

Ingredients.

Half a pound of lean Veal.
Quarter of a pound of Beef Suet.
Two ounces of fat Bacon.
Two Eggs.
Salt and Spice.

Breadcrumbs.
 Parsley.
 A few Mushrooms.
 Onion.

Slice the veal, free from skin and sinews, shred the suet, and cut the bacon in strips; pound all well in a mortar, pass this through a sieve, put it back in the mortar, season with salt and aromatic spice, add chopped parsley, mushrooms and onion (a teaspoonful of each), and a small handful of fresh breadcrumbs; work all well for a few minutes longer, and bind with the eggs well beaten. This, like all other forcemeats, should be first tried in boiling water, and if firm, light, and well flavoured, it is ready for use.

Filets de Mouton à la Tyrolienne.

(Filets of Mutton à la Tyrolienne.)

Ingredients.

About one and a half pounds of the best end of
 the Neck of Mutton.
 Six small, even-sized Tomatoes.
 Twelve Button Onions.
 One tablespoonful of chopped Parsley.
 One gill of Sweet Oil.
 Half gill of Orleans Vinegar.
 One minced Shalot.
 One Bayleaf.
 A clove of Garlic.
 Salt.

Two ounces of Ham.
One gill of Demi-glaze Sauce.
One gill of Stock.
One ounce of Butter.
One Egg.
Breadcrumbs and Frying Fat.

Remove the meat from the bones of the neck of mutton, cut it into eight nice fillets, trim off some of the fat, and lay them in a marinade for twelve hours. The marinade in this case consists of the oil, vinegar, shalot, bayleaf, garlic, coarsely chopped parsley and salt. It is advisable to turn the fillets from time to time.

Cut the tomatoes in halves, and squeeze out a little of the pulp. Peel the button onions, fry them a golden colour in the butter; when this is done pour off the butter, add the stock, and let it come to the boil quickly. Skim well, and braise in the oven till done. By the time the onions are done, the stock should be reduced enough to glaze them with.

Put the butter left from the onions in a sauté-pan, place the tomatoes in it, season with pepper and salt, and fry gently for a few minutes.

Take out the fillets from the marinade, wipe dry with a cloth, egg and crumb them, and fry in hot fat to a golden brown. They must cook slowly, or they will be too brown by the time they are done. Arrange the fillets neatly in a row in the centre of an oblong dish.

Have ready the ham finely chopped and warmed in a little brown sauce just sufficient to moisten.

Put a dessertspoonful of the ham in each half of tomato, place a button onion on top of each. Pour the demi-glace sauce round the dish, and serve.

The demi-glace should be well reduced, and have a tablespoonful of the marinade mixed with it while it is reducing.

Filets de Veau à la Colbert.

(Filletts of Veal à la Colbert.)

Ingredients.

Two pounds of Fillet of Veal.
Three and a half ounces of Butter.
Two tablespoonfuls of Salad Oil.
Three Shalots.
One wineglass of Sherry.
One gill of Madeira Sauce.
Cayenne.
Lemon Juice.
Parsley.
Potatoes.
Croûte of Bread.

Cut the veal into eight slices, flatten, trim, and season with pepper and salt. Put two ounces of butter and two tablespoonfuls of sweet oil into a sauté-pan; when hot put in the fillets, and fry them over a quick fire on both sides; drain the fillets and put them on a plate. Pour off most of the fat in the sauté-pan, add three finely chopped shalots, fry a little, dilute with a small glass of sherry and rather more than a gill of Madeira sauce; boil for a few minutes, add a pinch of

cayenne, a few drops of lemon juice, and a teaspoonful of chopped parsley; stir well, and work in an ounce and a half of fresh butter. Put the fillets into this sauce and mix them well with it, but do not let it boil again. Dish the fillets in a circle, place a heart-shaped slice of fried bread between each fillet. Fill the centre with small round potatoes (*Pommes de terre à la Parisienne*, page 107), sprinkle with a little chopped parsley, pour the sauce over the fillets, and serve.

Friandines de Gibier à la Périgord.

(Patties of Game à la Périgord.)

Ingredients.

Six ounces of Salpicon (or Mince) of cooked

Game or Tongue.

Mushrooms and Truffles.

A quarter of a pound of Puff Paste.

One Egg.

Breadcrumbs.

One ounce of chopped Ham or Truffles.

Fried Parsley.

Clarified Butter to fry in.

Roll the pastry out very thin and stamp out some rounds with a fluted pastry cutter. Put a little heap of the mince on the centre of half of each round, wet the edges with a brush, and cover over with the other half; press gently, keeping the mince in the middle of each round. Dip

these carefully in well-beaten egg, and crumb them in a mixture of breadcrumbs and chopped ham or truffles. Fry them in clarified butter, drain them, dish them up in a pyramid, and garnish with fried parsley. Hand Périgord sauce.

Galantine de Bœuf.

Ingredients.

One pound of Beef.
Half a pound of Bacon.
One gill of Stock.
Six ounces of Breadcrumbs.
Pepper and Salt.
Two whole Eggs.

Cut the beef and bacon very small, put it into a basin with the breadcrumbs and seasoning. Beat the eggs and stock together, and pour them to the other ingredients, and mix well. Form into a short roll with the hands, tie in a pudding cloth, boil for two hours and a half, press between two dishes until cold, and then glaze it on the top.

Poulet à la Navar.

Ingredients.

One Chicken trussed for roasting.
One pint of White Chaudfroid Sauce.
Socle of Rice (oval shaped).

Mixture for filling Breast.

Half a pound of cold cooked Chicken.
Half a pint of Cream.
One gill of Aspic Jelly.
Half terrain Foie-Gras.
Half a teaspoonful of Anchovy Essence.
One Truffle (chopped).
Salt, Pepper, Cayenne.

For Decoration.

Half a pint of Aspic Jelly.
Truffle.
Chopped Pistachio Nut.

Boil the chicken, taking care not to break the legs. Allow it to get cold, then remove the fillets and breast-bone, leaving an empty space. Pass the fillets and half a pound of cooked chicken twice through a mincing machine. Pound them in a mortar with a quarter of a pint of cream, the anchovy essence, foie-gras and seasoning. Rub through a wire sieve. Whisk the remaining quarter of a pint of cream with quarter of a pint of aspic-jelly and stir them lightly to the other ingredients, add the chopped truffle and fill the chicken with this mixture. Shape as smartly as possible and coat with Chaudfroid sauce. Decorate with truffle and pour over a thin layer of aspic jelly. Rest the chicken on the socle of rice and put cutlet frills on to the legs. Whisk the remainder of the aspic jelly, and when it is white and just going to set, pile it roughly around the chicken. Sprinkle with chopped pistachio-nut and decorate with truffle.

Paupiettes de Veau à la Jardinière.

(Slices of Veal Stuffed à la Jardinière.)

Ingredients for the Paupiettes.

Two pounds of Veal.
Bacon.
One Onion.
Half ounce of Butter.
Pepper and Salt.
One pint of White Stock.
Parsley and Spice.
Half pint of Allemande or Velouté Sauce.
Cauliflower.
Carrot.
Turnip.
Green Peas and French Beans.

Cut six or more thin slices from the cushion part of veal, flatten them well and spread veal forcemeat on one side of each. Roll the slices so as to give each the shape of a cork. Tie round each of these a thin slice of fat bacon, put them in a buttered sauté-pan, season with pepper and salt and a little aromatic spice; add a sliced onion, a small bunch of parsley, and a pint of white stock. Allow this to boil up quickly over the fire, cover with a buttered paper, and cook in the oven for about half an hour. Baste occasionally. When cooked, drain the paupiettes, remove the string and bacon fat, and trim them a little.

Have ready a mixture of cooked buds of cauli-

flower, carrot and turnip, scooped out à la jardinière, also some green peas and French beans. Toss them lightly in a little butter over the fire. Have ready a mixture consisting of the rest of the forcemeat and three ounces of mashed potatoes, baked in a border mould for fifteen minutes; turn on to a dish, dish the paupiettes in the form of a pyramid on same, sauce over with the sauce well reduced. Surround with heaps of jardinière on each side, sprinkle the top with a few drops of dissolved meat glaze, and serve.

Veal Forcemeat for Paupiettes.

Ingredients for the Forcemeat.

Half a pound of cooked Veal.
Quarter pound of White Bread.
One ounce and a half of Butter.
One Egg and one Yolk of Egg.
Parsley and Onion.
Nutmeg.

Chop half a pound of cooked veal very finely. Soak a quarter of a pound of white bread in tepid water. Press the bread well, put it in a basin with the chopped veal, add one and a half ounces of butter, one yolk and one whole egg, a teaspoonful of chopped parsley, and a small onion finely chopped, previously boiled.

Mix well, season with pepper, salt, and a little grated nutmeg, and use as directed.

Petites Bouchées de Faisan à la Moderne.

Small Pheasant Tit-Bits or Tartlets à la Moderne.)

Ingredients.

One pound of mashed Potatoes.
Two ounces of Butter.
One gill of Cream.
Two Yolks of Eggs.
One Truffle.
Six Mushrooms.
Three ounces of cold Pheasant.
One gill of Velouté Sauce.
One gill of Béchamel Sauce.
Salt, Pepper and grated Nutmeg.

Remove skin and sinews from the meat of the pheasant, cut it into small slices or mince coarsely, put it into a small stewpan, with the mushrooms and the truffle finely chopped, and sufficient velouté sauce to moisten, add a small piece of butter, and stir over the fire until hot. This forms the salpicon.

Rub some cooked potatoes through a fine sieve, mix them with a piece of butter and a little cream. Season with salt, pepper, and nutmeg; let this purée get thoroughly hot, and then add the yolk of an egg. Work it well until it forms a light paste.

Butter some small moulds, line them with the purée. Place about a dessertspoonful of the salpicon in the centre of each mould, cover with the potato purée, smooth the top with the blade of a knife, and bake in a moderate oven until of a golden brown colour. Warm up the Béchamel sauce, add the remaining velouté sauce and yolk of egg, stir well over the fire. When hot finish with a little cream, and add the remaining butter bit by bit.

Turn out the little moulds into an entrée dish, pour this sauce round them, and serve hot.

P.S.—Instead of pheasant, any other kind of meat, chicken, duck, geese, etc., may be used up in this manner.

Petites Bouchées à la Suédoise.

(Small Puff Paste Patties.)

Ingredients.

One Heart Sweetbread.
Three Crayfish or Prawns.
Bacon.
One gill of Velouté or Béchamel Sauce.
One ounce of grated Parmesan Cheese.
Breadcrumbs.
One ounce of Butter.
Lobster Spawn or Coral.
One pound of Puff Paste.

Roll out the paste to about an eighth of an inch thick, stamp out ten or twelve rounds, and

line small patty-pans with them ; trim the edges, and fill the pans with dried peas to keep the paste down while it is cooking (raw rice does just as well). Bake these patties a bright yellow in a hot oven ; when cooked, and a little cool, take out the peas or rice, but leave the pastry in the pans. Prepare a ragoût of the sweetbread, crayfish tails and bacon previously cooked, and cut into dice, equal quantities of each. Place these in a stewpan, and warm them up with the velouté or Béchamel sauce. Mix well and fill up the patty-pans with this ragoût, sprinkle on the top of each a little mixture of grated Parmesan cheese and breadcrumbs, and on the top of each patty put a little pat of lobster butter. Put the patties in a very hot oven just to brown them, take them out of the pans, dish them up on a folded napkin, garnish with parsley, and serve.

Petits Darioles de Volaille en Chaufroid.

(Little Moulds of Minced Chicken with Chaufroid Sauce).

Ingredients.

One large Fowl.
Two ounces of Butter
Foil-gras.

A tablespoonful of Cream.
One Yolk of Egg.
Salt and Spice.
One ounce of Ham.
Truffles,
Half pint of Chaudfroid Sauce.
Slices of Bread.
Half pint of Aspic Jelly.

Remove the fillets of a large fowl, taking off the skin and sinews; boil them in a sauté-pan with a little fresh butter, let them get cold, and cut them up finely. Pound the rest of the meat in a mortar, with about one-third its quantity of foie-gras, add a little cream and the yolk of one egg. Season with some aromatic spice, and pound until the whole is fine enough to pass through a fine sieve. Butter well six to eight dariole moulds, line them with this farce, place a spoonful of chicken and ham salpicon mixed with minced truffles in the centre; fill up and cover with the remainder of the farce, and place them in a sauté-pan two-thirds filled with boiling water. Cover this with a buttered paper, and finish them in the oven. They will take from fifteen to twenty minutes to cook. When done, turn out on a baking-sheet, and set them on the ice to cool. Mask them with a thin white chaudfroid sauce. Cut out some fancy shapes of bread of convenient size to hold the darioles. Mask them with a coating of butter, and dress them on a round dish; place one a little larger in the centre of the dish, and put the others round. Ornament the darioles with thin strips

and points of black truffles, and finish with a coating of aspic jelly. Dish them on the shapes of bread. Keep cool until required.

Petites Timbales de Pigeon à la Suprême.

(Small Timbales of Pigeon à la Suprême).

Ingredients.

Two Bordeaux Pigeons.
Two ounces of Beef Suet.
Two ounces of Bacon.
Two ounces of Butter.
Mushrooms.
Two ounces of Panada.
One tablespoonful of Allemande or Velouté Sauce.
Pepper, Salt and Spice.
Two Eggs and one Yolk of Egg.
A few Truffles.
A little Ham and Tongue.
Half a pint of Supreme Sauce.
Quarter of a pound of Puff Paste.

Remove the meat from the pigeons; pound it in a mortar with the suet and the bacon cut into strips; rub it through a wire sieve; return it to the mortar; add the butter, three chopped mushrooms, the panada, and a tablespoonful of Allemande or velouté sauce; season well with pepper, salt, and aromatic spice; work it thoroughly, and add two whole eggs gradually

and one yolk of an egg. Butter twelve small timbale moulds; line them rather thickly with the above farce; place a dessertspoonful of salpicon of pigeon, ham, tongue, truffles, and mushrooms in the centre of each; fill them up and cover them with the forcemeat. Place them in a sauté-pan, pour in some boiling water to steam them, cover with a buttered paper, bring it to the boil over the fire, and steam in a hot oven for about twenty minutes. When done, turn them out; dish them in a circle; place a small mushroom head and a piece of a truffle on each; pour some supreme sauce over and round them; garnish with a few fleurons of puff paste and fancy shapes of sliced ox-tongue.

Petits Soufflés à la Henri IV.

(Little Souffles of Chicken.)

Ingredients.

Three ounces of cooked Chicken Meat.
One ounce and a half of Butter.
One ounce and a half of Flour.
One gill and a half of good White Stock.
Three Whites and two Yolks of Eggs.
A small Truffle.
A teaspoonful of Lemon Juice.
Eight large preserved Mushrooms.
A little cooked Ham or Tongue.
Breadcrumbs.
Salt, Pepper and Cayenne.

Melt the butter in a small stewpan; add the flour and stir until cooked, but do not let it get brown; add the stock and let it boil; add the yolks of eggs, and stir over the fire until the mixture is thoroughly blended. Chop the chicken meat (freed from gristle and skin) very fine; stir it into the mixture, with one ounce of lean ham; now add the lemon juice, salt, pepper, and cayenne; beat up the whites of eggs to a stiff froth and mix with the above. Fill up some soufflée cases, place a mushroom on top of each, ornament with a little truffle, sprinkle over with a few breadcrumbs, bake in a moderately heated oven for about ten minutes, and serve quickly.

Poulet à la Princesse.

(Boiled Chicken with Princess Sauce.)

Ingredients.

One Chicken, Carrots, Onions, and Herbs.

Six ounces of Butter.

Four ounces of Flour.

Three-quarters of a pint of the Liquor the Chicken is boiled in.

Pepper, Salt, and Nutmeg.

Three Yolks of Eggs.

A quarter of a pint of Double Cream.

Asparagus Points.

Take a nice white chicken, truss it for boiling, and put it into a stewpan or a casserole, breast

downwards, in enough water to cover it; add some salt, carrots, onions, and a bunch of herbs. Let the fowl cook slowly for about half an hour. Then make a sauce with four ounces of butter, four ounces of flour, and three-quarters of a pint of the liquor the fowl was boiled in, add pepper and nutmeg, and let this cook fifteen minutes. Beat up the yolks of three eggs; add these with the cream to the sauce, strain it through a hair sieve, stir in two ounces of butter, and work it till it is quite smooth. Take up the chicken, drain it well, place it on a croûte of fried bread, pour the sauce round it, and garnish the side with the heads of green asparagus. Serve the rest of the sauce in a tureen.

Rissolettes à la Solférino.

(Rissoles of Foie-Gras in Pancake Batter.)

Ingredients.

Half a pint of Pancake Batter.
 One ounce of Butter.
 Four ounces of Foie-gras (potted with Truffles).
 Four Mushrooms (preserved).
 Two ounces of cooked Sweetbread.
 One gill of Velouté or Béchamel Sauce.
 One Egg.
 Seasoning.

Breadcrumbs.

Frying Fat.

About two ounces of Chicken Foremeat.

Fry some very thin pancakes in the butter. Stamp some rounds out of them about two inches in diameter.

Prepare a salpicon as follows:—Cut the foie-gras, mushrooms, and sweetbread into very small dice. Put this in a sauté-pan with the sauce. When thoroughly hot add the yolk of an egg; season with salt, pepper, and a pinch of grated nutmeg. Put it on a plate and let it cool.

When cold, shape it into little balls; place these in the centre of the rounds of pancake. Put a little raw chicken forcemeat round the edge of each, and fold over the same as rissoles. Brush them over with egg, dip them in breadcrumbs, and fry them a golden colour. Dish them up on a folded napkin, and serve hot.

Ris de Veau en Kari.

(Curried Sweetbread.)

Ingredients.

Two Heart Sweetbreads.

Half a pint of good White Stock.

Take two good fresh heart sweetbreads, steep them in cold water for two hours. Put them in

a stewpan with one quart of cold water; let them boil for ten minutes, then take them out; remove the piece of pipe and gristle from each and press them till cold between two plates. Now fold each one in a buttered paper and braise them in half a pint of good white stock for half an hour; take them out of the stock, and when cold cut them into slices with a sharp knife; dish them up and pour the curry sauce over them.

Sauce for the Ris de Veau en Kari.

Ingredients.

One pint of White Stock.
One gill of Cream.
Two ounces of Butter.
One tablespoonful of Curry Powder
One teaspoonful of Chutney.
One teaspoonful of Lemon Juice.
A saltspoonful of castor Sugar.
Salt.
One small Onion.
One small clove of Garlic.

Fry the onion and garlic in one ounce of butter; then add the curry powder, chutney, sugar, salt, and stock. Let this cook for ten minutes; stir in the lemon juice and cream, and last of all the butter; after the butter is in, the sauce must not

boil. Pass the sauce through a tammy, and pour over the sweetbreads.

Salade de Perdreau (or any other bird) à la Carpentras.

(Salad of Partridge.)

Ingredients.

One cold roast Partridge.

Two Lettuces.

Half a head of Celery.

Mayonnaise Dressing.

One hard-boiled Egg.

One Truffle.

Two tablespoonfuls of Vinaigrette (a sauce made of Oil, Vinegar, Pepper and Herbs).

Eight stoned French Olives.

One tablespoonful of Capers.

One Gherkin.

Pepper and Salt.

Cut the partridge into neat joints; remove the skin and most of the bones; put the meat in a dish, season with pepper and salt, and pour the vinaigrette over it; keep it in a cool place for about an hour or more.

Wash the lettuce and celery; remove the green leaves, and shred the white portion. Season a little. Dress the lettuce, celery, and partridge in alternate layers in the shape of a dome or pyramid on a salad-bowl; mask with stiff mayonnaise. Decorate the surface with fanciful slices and strips

of gherkin and truffle. Surround with a garnish of quartered hard-boiled eggs, French olives, and capers, and serve.

Timbale Froide à la Toulouse.

(Moulds of Cold Chicken Purée.)

Ingredients.

Half a pound of cooked Chicken or Veal.
Two ounces of cooked lean Ham.
Half a pint of Whipped Cream.
One Anchovy.
One gill and a half of Aspic.
One Truffle.
One Gherkin.
Red Chilli.
Aspic Cream.
Pepper, Salt, and Cayenne.

Free the meat from skin and gristle, and pound in a mortar with one gill of cream and the anchovy till smooth. Rub the whole through a fine sieve. Put the mixture into a basin; mix in the rest of the whipped cream; season with pepper, salt, and a pinch of cayenne.

Decorate a timbale mould (previously masked with aspic) tastefully with stars of truffle and fancifully cut slices of chilli and gherkin. Coat the inside completely with a layer of aspic cream (using two tablespoonfuls of cream to one of aspic).

Whip the aspic jelly to a froth; mix with the chicken purée, adding any trimmings of truffle finely chopped. Finish with a layer of aspic jelly or cream, and put on the ice to set.

Tournedos de Bœuf à la Moscovienne.

(Thin Fillets of Beef à la Moscovienne.)

Ingredients.

Three pounds of Fillet of Beef.
Larding Bacon.
Raw Ham.
Truffles.
Bacon.
Onion and Carrot.
Herbs, Pepper and Salt.
One gill of White Wine.
One gill of Brown Stock.
Half a pint of Espagnole Sauce.
A dessertspoonful of Horse-radish.
Button Mushrooms.
Small Onions.
A little castor Sugar.
One ounce of Butter.
Half a pint of Stock.
Breadcrumbs and Nutmeg.

Choose a nice piece of the tender fillet of beef; remove all the sinews and fat; cut into even-sized oblong slices; flatten a little with the cutlet-bat, and lard them with small strips

of larding bacon, raw ham, and truffles, in alternate rows. Place these tournedos in a flat stewpan; cover them with a few slices of fat bacon and half a sliced onion, a sliced carrot, and a small bunch of savoury herbs; season with pepper and salt; moisten with the white wine and beef stock. Cover, and cook briskly over the fire from fifteen to twenty minutes. Drain the tournedos, remove the bacon, add the Espagnole sauce and horse-radish to the stock. Let all reduce well, and strain into a small stewpan. Remove all fat, and finish the sauce with a pinch of castor sugar and an ounce of fresh butter worked in bit by bit; keep the sauce warm. Glaze and dish up the tournedos; garnish with alternate groups of button mushrooms, previously warmed in well-reduced stock, and medium-sized stuffed onions. Pour the sauce over the garnish (not over the meat), and serve.

Stuffed Onions for Tournedos à la Moscovienne.

Peel eight to ten medium-sized onions; parboil them in salted water with a small piece of butter. Drain on a cloth and cool. Carefully scoop out the centre part of each onion, and chop very fine with about half its quantity of mushrooms. Put the chopped onion and mushrooms in a stewpan with a handful of breadcrumbs. Season with

pepper, salt, and a little grated nutmeg; moisten with a little Espagnole sauce; mix well, and stuff the centre of the onions with this sauce. Place them in a buttered sauté-pan; sprinkle the top with fresh breadcrumbs; put a small piece of butter on each one, and bake in a moderate oven a golden colour. Time to bake, about half an hour.

Tournedos de Bœuf à la Napoléon.

(Little Fillets of Bœuf à la Napoléon.)

Ingredients.

Two to three pounds of Fillet of Beef.
Two ounces of Butter.
Four ounces of Calf's Liver.
One ounce of Foie-gras.
Two ounces of cooked Tongue.
One ounce of fat Bacon.
One Shalot (finely chopped).
One Egg.
One ounce of Meat Glaze.
Two ounces of Panada.
Salt and Pepper.
Stoned Olives.
Bordelaise Sauce.
Marrow Fat.

Trim the piece of fillet and cut it into very small fillets. Grill or broil them in a little

butter for about six minutes—they must not be cooked through—press them between two boards and cool.

Cut the liver into slices, and mince the bacon coarsely. Melt a little butter; add the shalots, and fry a golden colour; then add the bacon and liver, and toss over the fire for about five minutes; season to taste, and put it on a plate and let it cool. When cold pound it in a mortar with the tongue and foie-gras; add the panada and egg; mix well, season to taste, and rub through a fine sieve. Spread one side of each fillet thickly with this farce and brush over with egg. Stuff as many stoned olives as there are fillets with the same farce.

Cook the fillets for a few minutes in the oven; then brush over with meat glaze. Put the olives in a buttered sauté-pan in the oven, and cook them for six minutes. Blanch the marrow (cut into very small rounds); drain and warm it up in the sauce Bordelaise.

Dish up the fillets on a potato border; put them back in the oven to heat them thoroughly. Put a stuffed olive and a round of marrow on each fillet; sauce over and round with well-reduced Bordelaise sauce, and serve.

SAUCES.

Sauce Allemande.

(German Sauce.)

Ingredients.

One ounce and a half of Butter.

One ounce of Flour.

Half a pint of Chicken Stock.

Pepper, Salt and Nutmeg.

Two Yolks of Eggs.

A tablespoonful of Cream.

A tablespoonful of Lemon Juice.

Dissolve an ounce of butter in a stewpan, add the flour, stir a few minutes without allowing it to brown. Add the chicken stock, and stir until it boils. Season with pepper, salt, and grated nutmeg. Let it simmer for half an hour. Skim, and finish with a liaison of two yolks of eggs, a tablespoonful of cream, and half an ounce of fresh butter. Stir over the fire until the eggs begin to

set, but do not let it boil. Add a teaspoonful of lemon juice, and pass through a fine strainer or tammy cloth.

Sauce au Liqueur.

(Sweet Sauce with Liqueur.)

Ingredients.

One ounce of fresh Butter.
Half an ounce of Flour.
One gill of Milk.
One ounce of Sugar.
One whole Egg.
Half a teaspoonful of Vanilla Essence.
Half an ounce of finely chopped Pistachios.
Half an ounce of finely chopped Lemon Peel.
One tablespoonful of Red Curaçoa.

Melt the butter in a small stewpan, stir in the flour, and blend over the fire for a few seconds; moisten slowly with the milk, add the sugar and stir well over the fire, beat up the egg and add also. Strain the sauce into another saucepan, let it get hot but not boiling, stir in the lemon peel, pistachios and curaçoa, and serve as directed.

Sauce Crème de Concombres

(Cucumber Cream Sauce.)

Ingredients.

One small Cucumber.
Half a pint of White Stock.
One gill of Milk.
One ounce and a half of Butter.
One ounce of Flour.
A small Onion.
Half a Carrot.
A piece of Bayleaf.
A few sprigs of Parsley.
Twelve Peppercorns.
Half a gill of Whipped Cream.
Salt.
Grated Nutmeg.

Peel the cucumber very thinly, cut it up into pieces and put in a stewpan; cover it with water, add salt, and let it boil till tender. Then strain off the water and rub it through a fine sieve. Return it to the stewpan, moisten with half a pint of stock, and let it simmer to reduce.

Next prepare a Béchamel, *i.e.* melt the butter in a stewpan, peel and slice the onion and carrot, add this, and the bayleaf, peppercorns and parsley. Let this fry for four minutes, stir in the flour, and let it cook for a few seconds without allowing it to colour. Have the milk boiling and stir in gently. Add more milk or hot stock if too thick. Simmer for fifteen minutes, skim, and pass through a tammy cloth or very fine strainer.

Mix about half or more of this to the cucumber purée, season to taste with salt, pepper and nutmeg. Just before required for table stir in the whipped cream.

The sauce must be well whisked, and must on no account be allowed to boil again, or else it may go oily. The smallest suspicion of spinach greening added will give it an appropriate tint.

Sauce Concombre.

(Cucumber Sauce.)

Ingredients.

One Cucumber.
One gill of White Sauce.
A handful of Spinach.
Half a gill of Cream.
Seasoning.

Peel the uncooked cucumber and pound it in a mortar with a handful of uncooked spinach, and pass them through a hair sieve. Stir this purée into the white sauce and thin it with the cream.

Sauce Écrevisses.

(Shrimp Sauce.)

Ingredients.

One pint of picked Shrimps.
Half a pint of Fish Stock or Milk.
One gill of Cream.
Two ounces and a half of Butter.
One ounce of Flour.
Bayleaf.
Parsley.
One teaspoonful of Anchovy Sauce.
A few drops of Lemon Juice.

Cook one ounce and a half of butter and flour together, stir in the fish stock or milk; let it boil for ten minutes, then add the anchovy sauce and salt.

Rinse the shrimps in a little cold water, then pound them in a mortar with the other ounce of butter, stir them into the sauce, add the cream and lemon juice, cook well, pass through a tammy. re-heat, and serve.

Sauce Madère.

(Madeira Sauce.)

Ingredients.

One gill of good Stock.
Half a gill of Espagnole Sauce.

One glass of Madeira.
One ounce of Glaze.

Boil all these ingredients well together, then add the wine, and boil till reduced about half.

Sauce Matelote.

(Sauce with Wine and Vegetables.)

Ingredients.

Half a pint of Espagnole Sauce.
One ounce of Butter.
Half a gill of Burgundy.
Fish Stock.
Half an Onion.
Half a Carrot.
Half a gill of Mushroom Liquor.

Peel the onion and carrot and mince them very finely, fry them in a little butter to a nice colour, drain off the butter and moisten with the wine and mushroom liquor, let this reduce well, then add the fish stock or liquor left in the pan in which the fish to be served with this sauce is cooked. Boil it up again and add the Espagnole sauce. Let this simmer for ten minutes, then strain it through a fine strainer or cloth; add a small piece of butter, and season if necessary with

a few drops of lemon juice, salt and pepper, and keep hot.

P.S.—If you have no Espagnole sauce handy, use as a substitute half an ounce of flour, half an ounce of butter, well kneaded and diluted with half a pint of stock; boil well, and use as directed.

Sauce Normande.

(For Sole à la Normande.)

Ingredients.

Two ounces of Butter.

One ounce of Flour.

One pint of White Stock.

Two Yolks of Eggs.

Lemon Juice.

Chop the bones of the soles and cook in stock or water to make the stock for sauce. The oysters, mussels, and mushrooms should be cooked in this stock and strained out.

Dissolve an ounce of butter in a stewpan; add an ounce of flour, stir long enough to cook the flour, moisten with about a pint of white stock and liquor of the soles. Allow this to boil for ten minutes, skim well, and finish with a liaison of two yolks of eggs. Stir in bit by bit one ounce of butter and a few drops of lemon juice. Pass through a fine strainer or tammy-cloth and use as directed above.

Sauce Mousseline (Douce).

(Sweet Mousseline Sauce.)

Ingredients.

Three Yolks of Eggs.
Two Whites of Eggs.
Half a gill of Cream.
One ounce and a half of castor Sugar.
Half a wineglassful of Maraschino.

Put all the above ingredients into a small stew-pan, beat them with a whisk, stand the pan in a bain-marie, or a larger vessel, three parts full of boiling water. Stir until it becomes creamy, but do not allow it to boil. Serve with hot sweet puddings, etc.

Périgord Sauce.

(Rich Brown Sauce with Truffles and Wine.)

Ingredients.

One gill of Brown Sauce.
One gill of Tomato Sauce.
Three large Truffles.
One glass of Sherry.
A teaspoonful of Anchovy Essence.
One ounce of Butter.

Chop up the truffles and put them into a small stewpan with the sherry, cover it and reduce it

to one half; add the brown and the tomato sauces, boil a few minutes, stir in the butter and anchovy essence, let it boil up well, skim it, and it is ready for use.

Suédoise Sauce.

(White Sauce with Horse-Radish.)

Ingredients.

Half a pint of stiff Mayonnaise.

Two tablespoonfuls of finely grated Horse-radish.

Two tablespoonfuls of freshly peeled Cucumber chopped fine.

One finely chopped Eschalot.

One teaspoonful of chopped Capers.

One ounce of chopped Lax.

Quarter of a pint of stiffly whipped Cream.

Mix the above ingredients together and set on the ice till wanted. This sauce is extremely good with hot or cold boiled fish.

Sauce Velouté.

(Rich White Sauce.)

Ingredients.

Two ounces of Butter.

Two ounces of Flour.

One pint of good White Stock made from Chicken,
Veal and Rabbit.
One small Onion.
One small Carrot.
Salt, and a pinch of Mignonette Pepper.

Cook the flour and butter well together without letting them brown, stir in the stock gradually, add the sliced vegetables, the pepper and salt; stir it well, and let it cook well but slowly for half an hour, skimming it occasionally. Strain the sauce through a tammy-cloth, and set it aside until it is required for use. Then add cream, or other sauces as required. Velouté sauce is also the foundation of all the best hot white sauces, and it must be well boiled to make it "velvety."

Watercress Sauce.

Ingredients.

Quarter of a pound of Breadcrumbs.
Quarter of a pint of Cream.
A bunch of Watercress.
A few drops of Tarragon Vinegar.

Soak the breadcrumbs in the cream for a quarter of an hour; well wash and pick over the watercress, using the leaves only, not the thick stem stalks; pound them in the mortar with the cream and breadcrumbs, add a few drops of tarragon vinegar, pass through a sieve, and serve.

DRESSED VEGETABLES AND SALADS.

Aubergines Farcies.

(Stuffed Egg Plant.)

Ingredients.

Two medium-sized Egg Plants.
Two ounces of Butter.
Six Mushrooms.
Two chopped Shalots.
One ounce of lean Bacon.
Two ounces of Breadcrumbs.
One ounce of Suet.
One teaspoonful of chopped Parsley.
One ounce of grated Parmesan Cheese.
One Egg.
Salt and Pepper.
One gill of Demi-glace Sauce.

Cut the egg plants lengthwise in half, scoop out a portion of the inside to make room for the stuffing.

Chop the bacon, mushrooms and suet finely.

Put the butter and bacon in a stewpan; when hot add the shalots and fry a little. Mix the suet, parsley, breadcrumbs (previously soaked in a little milk) and Parmesan cheese in a basin. Season them with pepper and salt, add the butter and shalots, the yolk of an egg, or, if necessary, the whole egg, mix well, then put this stuffing in the aubergines.

Arrange them in a buttered sauté-pan, sprinkle them over with a mixture of breadcrumbs and grated cheese; bake them in a moderate oven for about an hour, dish them up, and serve with Demi-glace sauce.

Concombre Farcie.

(Stuffed Cucumber.)

Take a cucumber and cut it in pieces about two inches long. Take out the centre with a cutter and fill it up with sausage-meat. Braise the cucumber slowly for about twenty minutes.

Dish the pieces up on croûtons of fried bread brushed over with glaze. Have some round pieces of ham and truffle and put on as lids, and pour brown sauce (white, if liked) round. This makes a pretty dish if served with tomato au gratin.

Petits Pois au Jambon à la Française.

(Peas Dressed with Ham.)

Ingredients.

Three pints of Green Peas.
A sprig of Green Onion.
One of Green Mint and Parsley.
One ounce of castor Sugar.
Salt, and one pint of Water.
Half a pound of lean Ham.
One ounce of Butter.
Half an ounce of Flour.
Fleurons (small half-moons of Puff Pastry).

Put the peas into a pint of cold water with the onion, mint, parsley, sugar, and a little salt; cover them, and let them cook gently for from twenty to thirty minutes over a slow fire; then take out the herbs, pour off a little of the liquor, and boil down the rest. Fry the chopped ham in an ounce of butter and sprinkle in the flour; add this to the peas. Toss them all well together over the fire, dish up, and garnish with fleurons. Serve very hot.

Pommes de Terre à la Duchesse.

(Mashed Potatoes Egged and Baked.)

Ingredients.

Two pounds of Potatoes.
Three Yolks of Eggs.
Two ounces of clarified Butter.
A tablespoonful of Cream.
Pepper, Salt and Nutmeg.

For this dish we require nice mealy potatoes. Wash, peel, and boil about two pounds of potatoes, drain off the water and dry them in the oven, then rub them quickly through a wire sieve. While they are warm mix them with the yolks of eggs, butter, and cream, season with pepper, salt and grated nutmeg. When well mixed, lay this on a floured board and divide into twelve pieces of equal size; shape each piece into a square, mark with a knife, put them on a buttered baking-sheet, egg over the surface, bake in a quick oven, dish up, and serve.

Pommes de Terre Farcies aux fines Herbes.

(Savoury Potatoes Stuffed.)

Ingredients.

Twelve round new Potatoes.
Breadcrumbs.
Thyme.
Chives, Shalot and Parsley.
Yolk of one Egg.
A tablespoonful of Cream.
Two ounces of Butter.
Pepper and Salt.

Rasp twelve medium-sized round potatoes, cut off a small piece of the top of one side of them, so that they can stand steadily, scoop out the centre, but be careful not to break them. Next prepare a stuffing with the breadcrumbs and herbs, season with pepper and salt, moisten with the cream and yolk of egg. Fill the potatoes with this stuffing, place them in a buttered sauté-pan side by side, brush them with oiled butter, and bake them in a moderate oven for twenty minutes.

Pommes de Terre Nouvelles à la Hollandaise.

(New Potatoes.)

Ingredients.

Two dozen new Potatoes.

Two ounces of Butter.

One tablespoonful of Béchamel Sauce.

One Yolk of Egg.

Lemon Juice.

White Pepper, Salt and Nutmeg.

Wash, scrape, and boil the potatoes, taking them as near as possible of the same size and shape. When cooked, drain them and dry them, and put them in a vegetable dish. While the potatoes are cooking, melt the butter in a stew-pan, add the Béchamel sauce, mix well and stir in one yolk of egg and the juice of half a lemon, season with a little pepper, salt, and grated nutmeg; stir it over the fire till cooked, but be careful not to let it boil, or the egg will curdle. Pour this sauce over the potatoes and serve very hot.

Pommes de Terre à la Parisienne.

(Little Balls of Potatoes Fried.)

Peel the potatoes, scoop them with a vegetable-cutter into round balls, blanch them carefully in

salted water, and drain them. Melt two ounces of clarified butter in a sauté-pan; when this is hot put in the potatoes, and toss them over the fire for a few minutes, then bake them in the oven for ten minutes.

Salade à la Dumas.

Cut into coarse shreds or thin slices one small cucumber (previously pickled), one small cooked beetroot, three cooked potatoes, and four fresh tomatoes. Set these on one side, and prepare a dressing as follows: .

Rub one hard-boiled yolk of egg through a sieve into a salad bowl; add a tablespoonful of Tartare sauce, one small teaspoonful of salt, and a pinch of cayenne pepper. Mix well, and work in gradually two tablespoonsful of salad oil, one of French wine vinegar, and a dessertspoonful of anchovy essence. Add the prepared vegetables, and mix carefully.

Dish up in a clean salad bowl in a raised form. Place the heart of a nice French lettuce in the centre; ornament with chopped hard-boiled eggs, chopped chervil and parsley, and a few French capers.

Salade à la Grimod.

(Lettuce and Bean Salad.)

Ingredients.

Two French Lettuces.

Cooked French Beans.

Beetroot.

Hard-boiled Eggs.

Chopped Chervil.

Pepper, Salt, Oil, and Chilli Vinegar.

A slice of toasted Bread.

Wash, drain, and tear into small pieces two French lettuces. Toast a slice of bread about one-third of an inch thick, dip it in salad oil and put it in a salad bowl. Put alternate layers of lettuce and French beans on this toast. Garnish with cooked beetroot, hard-boiled eggs and chopped chervil; season with pepper, salt, oil, and Chilli vinegar just before it is required for table; do not let it stand after the dressing is poured over it.

SAVOURIES AND HORS D'ŒUVRES.

Béttérave à l'Orientale.

(Dressed Beetroot.)

Ingredients.

One small Beetroot.
One hard-boiled Egg.
Twelve fillets of Anchovy.
One dessertspoonful of Capers.
One dessertspoonful of Gherkins.
Two Chives.
One dessertspoonful of Anchovy Paste.
A little Vinegar (Chilli).
Brown Bread for Croûtes.

Cut the beetroot and brown bread into slices about one-eighth of an inch thick, stamp out some small rounds with a fancy cutter about one inch in diameter; put a layer of anchovy fillets on each. Prepare the following mixture:—One dessertspoonful of capers, one of gherkin, two of chives,

all chopped finely and mixed with a teaspoonful of anchovy paste and a few drops of Chilli vinegar. Spread this mixture over the rounds carefully. Cut the eggs in thin slices, put one slice on each round, mix a little cayenne with salt and sprinkle over the surface. Dish up, and garnish with parsley.

Bonnes Bouches de Sardines.

(Savoury Sardines.)

Ingredients.

Two ounces and a half of Sardine Paste (half an ounce of Butter, two ounces of Sardines).

A handful of small Cress.

One dessertspoonful of Sweet Oil.

One teaspoonful of Vinegar.

Three ounces of Butter.

Brown Bread.

Salt, Pepper and Cayenne.

Two hard-boiled Eggs.

Watercress for Garnish.

Cut some thin slices of brown bread; put two ounces of sardine paste in a mortar, and pound with the yolks of two hard-boiled eggs and one ounce and a half of butter; rub this through a fine sieve and spread it over the slices of bread. Wash the cress and cut it up small, season it with oil, vinegar, salt and pepper, and sprinkle it over the layer of paste. Place another slice of bread on

the top and press together. Spread the top of each with butter, and sprinkle over thickly with finely chopped whites of hard-boiled eggs. Cut them into fanciful shapes or strips about an inch wide. Mix some sardine paste with a little cream or butter, and ornament the surface through a forcing bag, according to taste.

Dish them up neatly on a folded napkin or dish paper, and garnish with some picked watercress.

Canapis à la Turbigo.

(Rolls stuffed with Prawns.)

Ingredients.

Four small Rolls (farthing rolls).
Ten Prawns or six Crayfish tails.
One small head of Celery.
A few mixed Pickles.
A little Aspic Jelly.
Hard-boiled whites of Eggs.
Two small Truffles.
A spoonful of Tomato Juice.
Capers and Parsley.
Rémoulade Sauce.

Cut the prawns, celery, pickles and truffles into small dice.

Mix with a little rémoulade sauce, which is a stiff mayonnaise sauce mixed with finely chopped parsley, fennel, tarragon leaves, and shalot, and

prepared mustard; add to this just sufficient tomato purée to colour it.

Cut the rolls in half, scoop out the crumbs, fill with the mixture, cover the surface with a thin round piece of aspic jelly.

Garnish with strips of hard-boiled whites of eggs, capers, truffles, and parsley. Serve on small dishes.

Caviar aux Écrevisses.

(Caviare and Prawns.)

Ingredients.

Two ounces of Russian Caviare.

Half a Shalot (finely chopped).

Half a Lemon.

A pinch of Cayenne.

Four stoned Olives.

Sixteen small Prawns.

Two large Gherkins.

Parsley.

Bread for Croûtes.

Clarified Butter for frying.

Cut some slices of stale bread a quarter of an inch thick, stamp out with a plain cutter eight rounds about an inch and a half in diameter, fry these in butter a bright golden colour, drain on paper or a cloth, and put them to cool.

Put the caviare in a basin, add a few drops of

lemon juice and the chopped shalot. Season with cayenne, and stir gently with a wooden spoon or fork. Cut eight thin slices of lemon, place one on each of the bread croûtes, put about a teaspoonful of caviare on each of them, place half a stoned olive in the centre, and arrange two picked prawns on each of the croûtes, put a tiny sprig of parsley in the centre of each olive. Dish up on a round glass dish (in a circle), shred the gherkins and put in the centre, ornament with a few prawns' heads, and serve.

Caviar à la Diable.

(Devilled Caviare.)

Ingredients.

Three ounces of Caviare.

One ounce of sweet Almonds (blanched and peeled).

One Lemon.

Bread for Croûtes.

Cayenne or Nepaul Pepper.

Half an ounce of Butter.

Cut the bread into slices about half inch thick, stamp out some rounds three-quarters of an inch in diameter, scoop out the centre, and fry in clarified butter or lard till a golden colour.

Shred the almonds, put them on a baking-sheet

and bake them to a fawny colour. Mix the caviare with the juice of the lemon (using a wooden fork or spoon), add the almonds and a pinch of cayenne. Mix the butter with a little red pepper to give it a bright colour, spread it on a plate, and put it on the ice.

Fill the croûtes with the prepared caviare, stamp out some little stars, and place one on each croûte. When required for table, put in a hot oven for six minutes to get hot through. Dish up, garnish with slices of lemon and parsley, and serve.

Croûtes d'Écrevisses à la Ravigotte.

(Croûtes of Prawns.)

Ingredients.

Bread for Croûtes.
Twelve Crayfish tails or Prawns.
Half a gill of Tartare Sauce.
Some Tarragon Leaves.
Chervil.
A few blanched Spinach Leaves.
Butter for frying.
Cayenne Pepper and Lobster Coral.

Cut some pieces of bread, round or square, half an inch thick and an inch and a half wide;

hollow out the centre a little ; fry them in clarified butter ; drain on a cloth. Chop up the crayfish tails or some prawns, season with a little Tartare sauce. Put a little mustard and cress at the bottom of each croûte ; dress some of the prawn or crayfish paste in the form of a pyramid on the top. Pound a few chervil, tarragon, and spinach leaves, previously blanched, pass through a fine sieve, and mix with some Tartare sauce ; dish up, garnish with cress, sprinkle with lobster coral and cayenne, and serve.

Croûtes d'Écrevisses à la Cardinal.

(Croûtes of Prawns.)

Ingredients.

Six or eight round Dinner Rolls.
Eighteen large Prawns.
One large Gherkin.
Three Anchovies.
Hard-boiled white of Egg.
One gill of Tartare Sauce.
Mustard and Cress.
A little Aspic Jelly.
One ounce of Butter.
Lobster Spawn or Coral.
Parsley.

Cut the rolls in halves, take out the bread and allow the crusts to dry. Mince up finely the

prawns picked, the gherkin, six fillets of anchovies, and the white of an egg; put these in a basin and stir in the Tartare sauce. Put a little mustard and cress in the bottom of each roll and fill it up with the prawn mixture. Place a round of aspic on the top of each roll, and fasten the head of a prawn on the centre of each round of aspic with a little lobster butter, and ornament the edges of the aspic with it also. Dish up on small round dishes, garnish with parsley, and serve.

Croûtes d'Homard à la Diable.

(Croûtes of Devilled Lobster.)

Ingredients.

One Lobster.
Two ounces of Butter.
One tablespoonful of White Wine Vinegar.
Six drops of Tarragon Vinegar.
Two ounces of white Breadcrumbs.
Half a Lemon.
Grated Nutmeg.
Cayenne and Mustard.
White Cream Sauce.
Croûtons.

Remove the meat from the shell and head of a lobster, and pound it to a paste with two ounces of butter, one tablespoonful of white wine vinegar, six drops of tarragon, two ounces of white breadcrumbs,

and the grated rind and juice of half a lemon. To each eight ounces of lobster use one saltspoonful of nutmeg, the same of cayenne, and one teaspoonful of mustard.

Have ready some small croûtons, and put a teaspoonful of the mixture on each. Cover with white cream sauce flavoured with cayenne and lemon juice.

Croûtons à l'Espagnole.

(Spanish Olives on Croûtes.)

Ingredients.

Eighteen slices of Bread.
Two ounces of Butter.
Eighteen Olives.
One gill of Tartare Sauce.
Five Anchovies.
Two hard-boiled Eggs.
Lobster Coral.
Parsley.

Cut eighteen round slices of bread about an inch and a half in diameter and one-eighth of an inch thick, fry in butter, and drain. Stone as many large Spanish olives with a sharp tube cutter; fill with some stiff Tartare sauce; place one in the centre of each croûton, curl an anchovy fillet round it; garnish with finely

chopped hard-boiled egg, lobster coral, and sprigs of parsley. Dish up on small hors-d'œuvres dishes, and serve.

Diablotines à la Gruyère.

(Cheese Savoury Devilled.)

Ingredients.

Half a pound of ordinary Pastry.

One gill of Milk.

One ounce of Butter.

Half an ounce of Cornflour.

Three ounces of grated Gruyère.

Two Eggs.

Salt and Cayenne.

Anchovy Paste.

Line a dozen small dariole moulds with very thin ordinary paste; melt the butter in a stew-pan, add half an ounce of cornflour, then the milk; let it boil up, remove from the fire, add the cheese, and mix with two beaten eggs, season with a little salt, and highly with cayenne; half fill the moulds with this preparation; put a small quantity of bloater or anchovy paste in the centre of each, cover with the remaining mixture, sprinkle the surface with grated cheese, bake in a moderate oven a light brown, turn out, and serve quickly on a folded napkin.

Éclaires d'Anchois.

(Anchovy Éclaires.)

Ingredients.

Twelve Anchovies.
Quarter of a pound of Puff Paste.
One Yolk of Egg.
Two ounces of grated Parmesan.
Cayenne.
Parsley.

Scrape, wipe, and bone one dozen Gorgona anchovies, roll out some short paste or remnants of puff paste rather thin, enclose each anchovy neatly in the paste; place them on a baking-sheet, brush them over with the beaten yolk of egg, mark slightly with a knife, sprinkle some grated Parmesan cheese and a pinch of cayenne over each; bake them in a quick oven for ten minutes. Dish them up on a folded napkin, garnish with parsley, and serve quickly.

Foie de Volaille à la Diable.

(Devilled Chickens' Livers.)

Ingredients.

Chickens' Livers.
Bacon.

Pepper.
Cayenne..
Salt.
Croûtes.
Parsley.
One Shalot.

Wash and drain the livers, sprinkle them over with a little pepper, salt, and cayenne and a dust of very finely chopped parsley and shalot. Cut some bacon into very thin strips and roll one liver in each strip of bacon. Place each roll on a fried croûte, and cook in the oven for five minutes. Serve very hot.

Fleurettes de Foie-gras.

(Mayonnaise of Foie-gras.)

Ingredients.

One medium-sized tin or terrine of Foie-gras Pâte.
One Truffle.
One gill of Mayonnaise Sauce.
Half a gill of Béchamel Sauce.
Half a pint of stiff Aspic Jelly.
A few sprigs of Tarragon and Chervil.
Two sheets of French leaf Gelatine.

Have ready six to eight small flat oval moulds (any pattern). Trim the foie-gras, cut it into slices, and stamp out as many ovals as there are moulds, similar in shape, but somewhat smaller. Melt the aspic and coat the moulds thinly with it;

decorate them with strips of truffle and tarragon and chervil leaves. Stir the mayonnaise sauce to the remainder of aspic while it is still liquid. Coat the moulds with this, and put the remainder in a mortar with the trimmings of foie-gras and pound till smooth; season to taste, and dissolve the two leaves of gelatine in the Béchamel sauce, and add this to the pounded foie-gras.

Pass it through a fine sieve. Coat each of the oval pieces of foie-gras with this mixture, and set it in the moulds, fill up with the purée, smooth over with a knife, and place the moulds on to the ice to set.

When ready for serving, immerse the moulds in tepid water, wipe with a cloth, turn out and dish up, garnish to taste, and serve.

Mousses de Foie-gras à la Reine.

(Creams of Foie-gras.)

Ingredients.

A terrine of Foie-gras.
One ounce of Butter.
Carrot.
Onion.
Thyme.
Bacon.
A glass of Sherry.
One pint of Aspic Jelly.

Truffles.

Four tablespoonfuls of Glaze.

Half a gill of Cream.

Cooked Asparagus points.

One gill of Mayonnaise Sauce.

Procure a terrine of foie-gras, size No. 9 or No. 10. Take out the liver and farce, cut it into slices, place in a buttered sauté-pan with small slices of carrot, onion, a sprig of thyme, and bacon. Cook over a brisk fire for a few minutes, season with spice, moisten with a glass of sherry, and allow to get cold. Mask eight to ten small dariole moulds with aspic jelly, ornament each with fancifully cut slices of truffles. (You can take this out of the foie-gras.)

Put the foie-gras and liquor into a mortar, pound well, and pass through a sieve. Put this in a basin, stir in four tablespoonfuls of dissolved meat glaze and two tablespoonfuls of aspic jelly, stand the basin on some crushed ice, and work the mixture with a whisk until it commences to thicken; add by degrees a little more aspic jelly or very strong veal stock; last of all work in about half a gill of whipped cream. Fill up the moulds and stand them on the ice. Dress the moussés in a circle, placing each on a round of aspic jelly. Fill the centre with cooked asparagus points well seasoned with mayonnaise and aspic jelly. Garnish with triangular shapes of aspic jelly and parsley, and serve.

Olives à la Madras.

(Spanish Olives with Chutney.)

Ingredients.

Eight Spanish Olives.
Eight Anchovy Fillets.
Two hard-boiled Eggs.
Half a teaspoonful of Chutney.
One dessertspoonful of Anchovy Sauce or Paste.
One ounce of Butter.
Cayenne and Salt.
Eight fried Croûtes.

Stone the olives. Pound the butter, anchovy paste, yolks of eggs, chutney, and seasoning in a mortar. Then rub them through a sieve. Place a little of the mixture on each croûte, put a stoned olive on each, fill with the rest of the mixture through a forcing-bag. Decorate with coral and chopped white of egg. Curl an anchovy fillet round the base of each olive, dish up on little glass dishes, garnish with parsley and serve.

Pailles au Parmesan à la Yarmouth.

(Cheese Straws.)

Ingredients.

Half a pound of short Paste.
One ounce of grated Parmesan.

Cayenne.

Ground Maee.

One Kippered Herring.

Roll the paste out rather thickly, sprinkle it with grated Parmesan cheese, cayenne pepper, and a very little ground mace; fold together both ends towards the centre, roll out again, and sprinkle as before; fold again, and roll out rather thinly this time. Cut it into fingers about four inches long and a quarter of an inch wide. Cut some strips of kippered herring fillets exactly the same size as the paste, place one of each together and twist them to give them the appearance of a screw; close the ends with your thumb and forefinger, and bake them for a few minutes in a quick oven. These should be dished up in transverse rows, and be served as hot as possible.

Petites Cassolettes à l'Épicurienne.

(Little Cases of Lax and Tongue.)

Ingredients.

Two ounces of preserved Lax.

Two ounces of cooked Ox-tongue.

Six French Olives.

One ounce and a half of fresh Butter.

Two French Gherkins.

One teaspoonful of chopped Parsley.
Half a teaspoonful of chopped Tarragon and Chervil.
Half a tablespoonful of Wine Vinegar.
One tablespoonful of Sweet Oil.
Quarter of a stick of Celery.
About half a pound of Cassolette Paste.

Prepare the cassolette paste as given below, roll it out very thin, line ten or twelve little round fluted moulds. Place a round buttered paper in each, fill up with rice, and bake for fifteen minutes in a moderately heated oven. Take out the rice and papers, replace them on a baking-sheet in the oven so that they may become quite crisp, then put them on a sieve to cool.

Cut the lax, tongue and gherkins in little strips. Season lightly with oil, vinegar, and chopped herbs. Fill the little cases carefully with this; stone the olives and place one in the centre of each. Cream the butter, put it in a forcing-bag or paper cornet with a fancy piping tube, and ornament the surface and edge to taste. Keep in a cool place until required for table, then dish up on little round glass saucers, and garnish with tiny bunches of shredded celery and sprigs of parsley.

Cassolette Paste.

Ingredients.

Quarter of a pound of Flour.
One ounce and a half of Butter.

Half an Egg.
A little Water.
One teaspoonful of Lemon Juice.
A pinch of Salt.

Put the flour in a basin, add the salt, and rub in the butter until quite smooth. Then moisten with the egg, the lemon juice, and a very little water. Mix the whole thoroughly, and work into a smooth but stiff paste. Use as directed.

Croûtes à la Josephine.

Ingredients.

One small Lobster.
Two tablespoonfuls of White Sauce.
One tablespoonful of Cream.
One tablespoonful of Tomato Sauce.
One tablespoonful of Aspic Jelly.
Two sheets of Gelatine.
A few drops of Lemon Juice.
Salt, Pepper, Cayenne.
One and a half ounces of Coral Butter.
Strips of Pimento.
Croûtes of Bread, cut crescent shape.

Chop the lobster flesh finely, and mix it with the white sauce, cream and tomato sauce. Season with lemon-juice, salt, pepper and cayenne. Dissolve the gelatine in the aspic jelly and mix with the other ingredients. Spread the mixture evenly on a wet dish and allow it to set. Then cut it

out into crescent shapes and place each on a croûte of bread. Decorate with strips of pimento and pipe coral butter around the edge.

Petites Condoles à l'Anchois.

(Little Moulds of Anchovies.)

Ingredients.

Quarter of a pound of Flour.
Two ounces of Butter.
One tablespoonful of Anchovy Essence.
Three Eggs.
A few drops of Cochineal.
Cayenne Pepper.
Half an ounce of Cornflour.
Half a gill of Cream.
Half a gill of Milk.
Three Gorgona Anchovies (filleted).
Breadcrumbs.

Rub the flour and an ounce and a half of butter until quite fine, add a dessertspoonful of anchovy essence, a few drops of cochineal, a pinch of cayenne, and an egg well beaten, and work into a stiff paste. Add a little water if necessary. Roll out the paste very thinly, and line some buttered boat-shaped moulds with it. Trim the edges, prick them with a fork, and fill the moulds three parts full with a mixture prepared as follows:—

Put the cornflour in a stewpan, add the milk,

and stir it over the fire until it boils; then add two yolks of eggs. Let it cool a little. Whip one white of egg to a stiff froth, and whip the cream. Mix a teaspoonful of anchovy essence, a pinch of cayenne, and the anchovy fillets finely chopped with the cornflour, etc.; stir the cream and white of egg in lightly, and fill the moulds as directed. Sprinkle over with a few fresh bread-crumbs and bake in a moderately heated oven for about fifteen minutes. Serve on a hot dish with a folded napkin or dish paper.

Petites Condoles au Parmesan.

(Little Moulds of Parmesan.)

Ingredients.

Three tablespoonfuls of Béchamel Sauce.

Half a gill of Aspic Jelly.

Half a gill of Cream.

One ounce of grated Parmesan Cheese.

Two ounces of grated Gruyère Cheese.

A pinch of Cayenne and Salt.

Some Short Paste or Puff Paste trimmings.

About an ounce of fresh Butter.

Line twelve very small oval or boat moulds with the paste, fill them with rice, and bake them in a moderately heated oven a nice

golden colour. Take out the rice, and put the cases on a sieve to cool. Warm up the Béchamel sauce and aspic jelly in a stewpan, add a pinch of salt and cayenne pepper, let the sauce reduce a little, and mix with the two kinds of grated cheese. Stir well, and when nearly cold add the cream (previously whipped). Stir it gently on the ice until nearly set, and then fill up the cases. Sprinkle the top of each case with a little grated Parmesan cheese. Cream the butter, put it in a forcing-bag with a rose or leaf pipe, and ornament the condoles to taste. Keep them on the ice until required. Dish up on a folded napkin, and serve after the sweets.

Petites Croûtes de Caviar.

(Caviare on Croûtes.)

Ingredients.

Bread for Croûtes.
Three ounces of Russian Caviare.
Half a Lemon.
Quarter of a teaspoonful of Shalots.
A pinch of Cayenne.
Clarified Butter for frying.
Parsley for garnishing.

Cut out eight round pieces of bread about an inch in diameter and half an inch thick; scoop

out the centre sufficiently hollow to receive a dessertspoonful of caviare.

Mix the caviare carefully with a teaspoonful of chopped shalots, a squeeze of lemon, and a pinch of cayenne; fry the croûtes in hot butter a nice light colour, drain well on a cloth; when cold, fill up with the prepared caviare. Dish up. Garnish with sprigs of parsley, and serve.

Be careful never to touch caviare with a knife or any metal spoon, as it injures the flavour.

Petites Pains de Crevettes.

(Little Moulds of Shrimps.)

Ingredients.

Half a pint of picked Shrimps.

One gill of Cream.

One gill of Brown Stock.

Two Eggs.

One tablespoonful of Chutney.

Three Spanish Olives.

Two French Gherkins.

Cayenne and Salt.

One ounce of Breadcrumbs.

Put the shrimps, chutney, gherkins, and olives (stoned) in a mortar, and pound them until very fine, then add the stock. Beat up the cream until it is stiff. Put the shrimps, etc., through a fine

sieve, and mix them with the cream, season with a pinch of cayenne and salt.

Have ready six or eight very small timbale- or dariole-shaped moulds, butter these well, and sprinkle them with breadcrumbs (panurette is best to use for this purpose). Put the moulds in a sauté-pan three parts filled with boiling water, cover with buttered paper, and steam for about twenty minutes, then turn them out and serve with watercress sauce.

Petits Paniers à la Jardinière.

(Little Baskets of Savoury Vegetables.)

Ingredients.

Quarter of a pound of Short Paste.
Half a pint of Macédoine of Vegetables.
Oil and Vinegar.
Half a Lemon.
One tablespoonful of Aspic Jelly.
One small Truffle.
Pepper and Salt.

Line eight small patty pans with the paste, shape some twisted slips of paste, bake them, and fasten each end crossways, with some yolk of egg and flour mixed, to the sides of the patty pans. Fill up the interior of the patty pans with raw rice, bake in a quick oven for about ten minutes,

turn out the rice, and set them to cool. Have ready some cooked macédoine of vegetables, drain well on a cloth, season with a little oil, vinegar, pepper and salt, moisten with a tablespoonful of aspic; fill the baked crusts with the mixture. Mask the surface of each with aspic; ornament with fancy shapes of lemon rind or truffles, garnish with sprigs of fresh parsley. Dish up, and serve.

The remnants of truffle can be mixed with the macédoine.

Petites Pâtés Chauds de Crevettes.

(Prawn Patties, Hot.)

Ingredients.

One gill of Hollandaise Sauce.

Half an ounce of Butter.

One dozen Prawns.

Spawn.

Quarter of a pound of Short Crust.

Line some dariole moulds with the crust, fill them with rice and bake. Shell the prawns, cut the tails in neat pieces. Pound the butter with the shells and a little spawn (if possible), and rub through a hair sieve. Heat the Hollandaise sauce,

stir in the butter and the prawns. Fill the cases, and serve on a folded napkin.

Petites Tranches de Caviar à la Rémoûlade.

(Little Slices of Caviare.)

Ingredients.

Two ounces of Russian Caviare.
Brown Bread and Butter.
Lemon Juice.
Shalots.
Cayenne.
Mayonnaise Sauce.
Béchalme Sauce.
One hard-boiled Yolk of Egg.
Parsley.
Fennel.
Tarragon.
Tomato Purée.
Made Mustard.

Cut twelve slices of thin brown bread and butter, stamp them out with a heart-shaped cutter about one and a half inches long. Mix a few drops of lemon juice with the caviare, using a wooden spoon (one of the flat ones is the best), add a teaspoonful of chopped shalot and a little cayenne. Mix a teaspoonful of mayonnaise and one of cold Béchalme sauce together, stir in the yolk of hard-boiled egg previously rubbed through a sieve, and half a teaspoonful

each of chopped parsley, fennel, tarragon, and shalot, also the same quantity of mustard and thick tomato purée; work all this thoroughly well together. Spread the caviare on the pieces of bread and butter, and with a paper cornet ornament these slices with this mixture. Dish up on small round dishes, and place in the cool until wanted.

Ravioli à la Napolitaine.

(Nouilles Paste filled with Forcement.)

Ingredients for the Faree.

Two ounces of cooked Chicken.
Half an ounce of eoked Ham.
Half an ounce of grated Parmesan Cheese.
One Yolk of Egg.
Pepper, Salt and Nutmeg.
A dessertspoonful of Cream.
One tablespoonful of eoked Spinach.
Tomato Sauce.
Parsley.

Ingredients for the Nouilles Paste.

Quarter of a pound of sifted Flour.
One Egg.
A little Water.
A teaspoonful of Salt.

Pound these ingredients (except the tomato sauce) in a mortar; then pass them through a wire sieve; season with pepper, salt, nutmeg, and chopped parsley. Make the paste in this way: Make a hole in the middle of the flour and break

the egg into it; melt a teaspoonful of salt in a little water; add this to the egg, and work them all well together until a smooth ball is formed; fold this paste in a cloth and let it stand for an hour. If it is too stiff, add a few drops of water; it should be a stiff paste. Now roll the paste out very thin, and cut it into broad strips about an inch wide; put some of the forcemeat on these in small heaps; wet all round the edges; lay a second strip of paste over and press well together between the little heaps; stamp them out with a small round cutter; boil them gently in salted water for about ten minutes. Drain them on a cloth, put them on a deep dish, sprinkle Parmesan cheese over them, and sauce them over with tomato sauce. Nouilles paste, seasoned with cheese, grated nutmeg, and pepper and salt, cut into thin small strips boiled in salted water, and finished in white sauce, can be served as a separate dish, leaving out the ravioli farce altogether.

Tartines à la Lucullus.

(Pastry Sandwiches of Anchovy Paste.)

Ingredients.

Half a pound of Puff Paste.

Two ounces of grated Parmesan.

One tablespoonful of Anchovy Paste.

Anchovy Sauce.

Two Yolks of Eggs hard boiled.

One ounce of Bloater Paste.
One ounce of Butter.
One tablespoonful of Velouté Sauce.
Olives.
A little Lax.
Cayenne.
Gherkins.

Take half a pound of puff paste; give it three consecutive turns; sprinkle the paste each turn with finely grated Parmesan cheese. Roll it out in two long slips about three inches wide and a quarter of an inch thick.

Mix the anchovy paste with sufficient anchovy sauce to form a smooth paste. Spread this evenly over one side of the paste, and cover with the other strip. Cut it into squares about two and a half inches across; place them on a baking-sheet sprinkled with water; prick the surface of them with a fork, and bake in a moderately heated oven to a nice light brown. When baked, put aside to cool.

In the meantime pound the following in a mortar:—Two hard-boiled yolks of eggs, one ounce of fresh butter, one ounce of bloater paste, a tablespoonful of Velouté or Béchamel sauce, and three stoned Spanish olives. Pass all through a fine sieve. Put into a small basin, and season with a little cayenne. Put this purée in a paper cornet; cut the point, and, using it as a forcer, form an ornamental border on the top of each tartine. Place half a stoned Spanish olive in the centre of each; curl a strip of preserved lax round

each olive ; strew a few shreds of pickled French gherkins round the olives ; dish up, and serve as hors d'œuvre.

Tranches Viennoises à la Tomate.

(Slices of Bread spread with Chicken or Veal Paste and
Tomatoes.)

Ingredients.

Brown Bread.

One ounce and a half of Butter.

Two ounces of white Meat, Chicken or Rabbit.

Two hard-boiled Eggs.

One tablespoonful of Béchamel Sauce.

Salt and Pepper.

Tarragon and Chervil, a few spoonfuls of each.

Quarter of a pound of cooked Ox-tongue or Ham.

One large Tomato.

Oil, Vinegar and chopped Parsley.

Cut some small square slices of brown bread about one and a half inches square. Stamp out to a neat shape with a cutter. Pound the following ingredients in a mortar :—Two ounces of cooked white meat, two yolks of eggs, one ounce of butter, finely chopped tarragon, chervil, and parsley ; moisten with a tablespoonful of Béchamel sauce. Season to taste, and pass through a sieve. Butter the pieces of bread slightly ; spread each over with a thin layer of paste ; cut some fancy slices of ham or tongue a trifle smaller than the

bread. Place one on each slice of bread. Have ready a tomato cut up rather small ; season with oil, vinegar, parsley, salt, and pepper ; put a small heap on the centre of each slice ; put a tarragon leaf crossways on the top.

Work up the remainder of paste, put it in a paper cornet, and ornament the sides of each slice with same, and dish up.

The hard-boiled whites of eggs can be chopped finely and used for garnishing the dish if desired.

SWEETS.

Bombe de Peche en Surprise.

Ingredients.

For Decoration.

Sweet Jelly.

Shredded Almonds and Pistachios.

For Cream.

Half a pint of Peach Purée.

Half a pint of Whipped Cream.

Two ounces of Castor Sugar.

One gill of Peach Syrup.

One ounce of Gelatine (light weight).

One teaspoonful of Lemon Juice.

A few drops of Cochineal.

One teaspoonful of Kirsch.

For Centre.

One gill of Sweet Jelly.

Half a gill of Red Currant Jelly.

Half an ounce of Shredded Almonds.

Two ounces of Red and White Currants.

Half a teaspoonful of Kirsch.

Decorate a mould with the jelly, almonds and pistachios. Dissolve the gelatine in the peach syrup and strain it into the peach purée. Stir

in the cream, sugar, lemon juice and kirseh as lightly as possible, and colour the mixture a very pale pink with the cochineal. Pour this into the mould and allow it to set. Melt the red-currant jelly in the sweet jelly, and add the almonds, currants and kirseh. Remove the centre from the cream with a plain round cutter, and fill this space with the jellies, currants, etc. When all is set, unmould the sweet and serve.

Bordure de Poires à la Reine

(Border of Pears.)

Ingredients.

Two pounds of small Stewing Pears.

One pound of loaf Sugar.

One piece of whole Cinnamon.

A piece of Genoese Cake or three Sponge Cakes.

Two whole Eggs and one Yolk.

Two ounces of castor Sugar.

Rind of half a Lemon.

A few drops of Cochineal.

A gill and a half of Milk.

Peel and core the pears ; put them in a stew-pan with one quart of water, the loaf sugar, cinnamon, and cochineal ; let this boil up, skim it, and allow it to simmer until the pears are tender. This will take about half an hour. Take out the fruit, reduce the syrup to the proper

consistency, put the pears in the syrup again, and keep warm.

Butter a border-mould with clarified butter ; line the bottom with a piece of buttered paper. Beat up the eggs in a basin ; add the castor sugar, milk, lemon rind (finely chopped), and a few drops of cochineal to give the custard a pink colour.

Cut the cake in slices, place it in the mould, fill it up with the custard, stand the mould in a baking tin half filled with boiling water, cover with buttered paper, and bake in the oven for forty minutes. Turn it out on to a hot dish ; remove the paper ; arrange the pears in a row on the border ; strain the syrup, pour it over the pears, and serve.

Bordure de Marrons à la Chantilly.

(Border of Chestnuts with Cream.)

Ingredients.

One pound and a half of Chestnuts.

About one pint of Milk.

A quarter of an ounce of French leaf Gelatine.

Two inches of Vanilla Pod.

Half a pint of Cream.

One ounce of Chocolate.
One gill of sweet Jelly.
One teaspoonful of Liqueur.
Half an ounce of castor Sugar.

Wipe the chestnuts; scald them in boiling water and remove the skin. Cook them till tender in milk, with the vanilla pod. When done take out the vanilla, and rub enough of the chestnuts through a wire sieve to make six ounces of purée. To this add the gelatine dissolved, the sugar, half the cream, and the liqueur.

Melt the chocolate with the jelly; strain it and let it cool a little. Mask the inside of a border-mould with jelly, and then with this mixture, and put on the ice to set. When this is set, fill the mould up with the half-set chestnut mixture, and keep it cool to set well.

Whip the rest of the cream stiff, and sweeten it. Dip the mould in tepid water, wipe it with a cloth, and turn it out on a dish. Dress the whipped cream in the centre in a pyramid. Ice the whole chestnuts with chocolate icing (quarter of a pound of icing sugar, one ounce and a half of grated chocolate, and a quarter of a gill of water), and dish them on the border. Decorate with cream through a forcer, and serve.

Casserole de Pommes au Riz.

(A Mould of Apples and Rice.)

Ingredients.

Four ounces of Rice.
One pound and a half of cooking Apples
(Wellingtons or Newtons).
A pint and a half of Milk.
Two ounces of Cake-crumbs.
One ounce of Butter.
Three ounces of castor Sugar.
Half a teaspoonful of Salt.
One ounce of chopped Almonds.
One ounce of Candied Orange Peel.
One Yolk and one whole Egg.
One ounce and a half of Glacé Cherries.

Peel and core the apples; put them in a sauté-pan with two ounces of sugar. Put the lid on, and place in a hot oven until tender; then add the cake-crumbs to the apples. Wash the rice in cold water; drain well, and put it into a stewpan with the milk (which must be hot); cook slowly until the rice is almost done. Remove it from the stove and add the orange peel finely chopped, the cherries cut into small dice, the almonds chopped and pounded, the butter, the remaining ounce of sugar, and the salt. Add the eggs, and cook well together for a few minutes.

Have ready a round timbale mould; butter it well, sprinkle it with flour, and line the bottom and sides thickly with the prepared rice. Place the apples in the centre (leaving out one for

garnish), and cover with rice until full. Cover with a buttered paper, stand it in a deep stewpan half filled with boiling water, and steam it for an hour. Turn out on a hot dish, place the apple put aside on the top, ornament with a few cherries, and serve with Sauce au Liqueur.

Charlotte à la St. José.

(Pineapple Charlotte.)

Ingredients.

Fifteen to twenty Sponge Finger Biscuits.
Half a pint of Cream.
Half a gill of Milk.
Quarter of a pound of preserved Pineapple.
Half an ounce of Gelatine.
One ounce of castor Sugar.
About a gill of Wine Jelly.

Mask the bottom of a plain mould with jelly; ornament it with fancifully cut slices of pineapple, with half a glacé cherry in the centre. When nearly set pour the rest of the jelly on this, and let it set on the ice; line the sides of the mould with finger biscuits neatly trimmed.

Soak the gelatine in the milk. Let it dissolve over the fire; whip up the cream; mix it with the remainder of pineapple cut into small dice; add the sugar and a tablespoonful of pineapple syrup; strain the gelatine and milk into the

cream; mix well, and when cool enough pour it carefully into the mould. Keep in a cool place until required. Turn out and serve.

Chocolat Bavaroise à la Casino.

Ingredients.

For Decoration.

Sweet Jelly.

A few Pistachio Nuts.

A few Almonds, blanched, split, and baked a pale fawn colour.

For Pink Lining.

One gill of Sweet Jelly.

Two sheets of Gelatine.

Three tablespoonfuls of Cream.

One teaspoonful of Rum.

A few drops of Carmine.

For the Bavaroise.

Four ounces of Chocolate.

Three gills of Milk.

Two ounces of Castor Sugar.

One Lemon Rind (grated).

Pinch of Cinnamon.

Three Yolks of Eggs.

Half a pint of Whipped Cream.

Three quarters of an ounce of Gelatine.

One tablespoonful of Rum.

Half a teaspoonful of Vanilla Essence.

Coat a wet mould with sweet jelly and decorate it prettily with the pistachio nuts and almonds. Dissolve the gelatine in the jelly, add the cream and rum, and colour a pale pink with the carmine.

Pour this "lining" mixture into the mould, and see that it covers it all over inside. Dissolve the chocolate in the milk, add the lemon rind, sugar and cinnamon, and allow it to simmer for a few minutes. Pour this on to the yolks of eggs, return it to the stew-pan, add the gelatine, and stir all until the eggs thicken and the gelatine becomes dissolved. When this has cooled add the cream and flavouring and pour it into the mould. When set, turn out the sweet and decorate it with fancifully-cut pieces of jelly.

Chocolate Cream.

Ingredients.

Two ounces of Chocolate.
Half a pint of Milk.
Two Yolks of Eggs.
Three quarters of an ounce of Gelatine.
Half a pint of Double Cream.
Sugar to taste.
Little Vanilla Essence.

For Decoration.

Jelly, Pistachios and Cocoanut.

Dissolve the chocolate, cut up roughly, in the milk, pour on to the yolks, sugar and flavouring mixed together, strain and cook as for custard. Dissolve the gelatine in a little water and mix to the chocolate custard; wring through muslin,

add the whipped cream, and pour into a lined and decorated mould.

Note.—A mould for chocolate or coffee cream should be lined with jelly to prevent the mixture going a bad colour on the outside.

Cocoa-nut Fingers.

Ingredients.

Quarter of a pound of Butter.

Quarter of a pound of castor Sugar.

Quarter of a pound of Cocoa-nut.

Three Eggs.

Two ounces of Vienna Flour.

Half a teaspoonful of Baking Powder.

Grease and paper a flat baking-tin (as for Swiss roll). Cream the butter and sugar; add one egg, a little of the flour, and cocoa-nut. Then the other eggs, and the rest of flour and cocoa-nut. When well mixed spread this on the baking-sheet, not too thickly; put it in a moderate oven, and bake for about twenty minutes. When done sprinkle a sheet of paper with cocoa-nut; turn the pastry on to this; when cold cover it with transparent icing. Cut it into fingers or fancy shapes. Do not let the icing get too firm before cutting. Decorate with coloured sugar or cocoa-nut. Chopped almonds can be used instead of cocoa-nut.

Transparent Icing.

Ingredients.

Three-quarters of a pound of sifted Icing Sugar.

Three tablespoonfuls of boiling Water.

Put into the stewpan; stir, but do not let it boil, and when of the proper consistency pour it over the pastry.

Flan de Fraises à la Parisienne.

(A Strawberry Sweet, Cold.)

Ingredients.

One pound of firm ripe Strawberries.

Three ounces of castor Sugar.

About half a pound of Short Crust.

The whites of two Eggs.

Line a pastry ring (six inches in diameter) with the short crust, place it on a baking-sheet, fill it up with dried peas or rice, and bake it a delicate brown in a moderate oven and remove the peas.

Wipe and prepare sufficient strawberries to fill the ring; arrange the fruit in one layer closely in the baked crust, put it in the oven, and when nearly baked add about one ounce of castor sugar to the fruit.

Beat up the whites of eggs to a stiff froth, mix with castor sugar, spread the meringue mixture quickly over the surface, and brown slightly in the oven. Serve cold.

Gâteau d'Abricot.

Ingredients.

Half a tin of Apricots.
Half a pint of Whipped Cream.
One tablespoonful of Castor Sugar.
One teaspoonful of Vanilla Essence.
Savoy Biscuits (about twenty).
One tablespoonful of Apricot Marmalade.
Two slices of Genoese Pastry cut out with a round cutter.
Three quarters of a yard of Pale Pink Ribbon.
Chopped Pistachio Nut.

Trim the Savoy biscuits neatly, as if for Charlotte Russe. Brush the apricot marmalade over the Genoese pastry. Place one slice on to a dish with a lace paper, and stand the Savoy biscuits round it. Tie the pink ribbon around them to keep them in place. Cut the apricots, each into four pieces, and reserve one-third for decorating. Mix the cream with the sugar and vanilla essence and put half of it into a forcing bag with a rose pipe. Stir the apricots into the remainder and pour it into the biscuits; cover with the second piece of Genoese and pipe the cream on top. Place the pieces of apricot round the cream and sprinkle with pistachio nut.

Gâteau Surprise à la Vatel.

(Surprise Cakes.)

Ingredients.

One pound of Puff Paste.

Apricot Marmalade.

Macaroons.

Almond Paste.

Red Currant Jelly.

Roll out the paste rather thin, and stamp out twelve pieces in the shape of a heart; put a teaspoonful of apricot marmalade on one side of each, and a very little soft almond paste on the top of the apricot; wet the edges of the paste, fold it over and press the edges down well. Make these cakes as much as possible like cutlets, and bake them on a baking-sheet. When the cakes are cold, cover them with dissolved apricot marmalade, and roll them in crushed macaroon crumbs. Have ready some short pieces of baked almond paste, put one in each cake to look like a cutlet bone, mark them like a gridiron with a red-hot skewer, dish them up in a circle on a thin bed of apricot marmalade; melt some red-currant jelly, and when it is nearly cold, but still liquid enough to run, pour it into the middle of the circle of cakes. It is now ready for table.

German Gingerbread.

Ingredients.

Five Eggs..
Nine ounces of castor Sugar.
Nine ounces of Flour.
Quarter of an ounce of Carbonate of Soda.
Quarter of an ounce of ground Ginger.
Six powdered Cloves.
Half a grated Nutmeg.
Quarter of a teaspoonful of ground Cinnamon.
Six ounces of Peel.
Quarter of a pound of Sweet Almonds.

Whisk the eggs and sugar over hot water. Cut the almonds in half and the peel in strips. When the mixture is beaten to a froth, stir in all the dry ingredients lightly. Pour the mixture into a well-lined cake-tin, and decorate with the almonds and the peel on the top. Bake in a moderate oven, and sprinkle over with icing sugar.

Iced Soufflé au Chocolat Praline.

Ingredients.

Six Yolks of Eggs.
Half an ounce of Castor Sugar.
Three ounces of Chocolate.
One gill of Milk.
Quarter of a pound of French Almond Rock (pounded).
Half a pint of Whipped Cream.
Four Whites of Eggs, stiffly whisked.
Half a teaspoonful of Vanilla Essence.

Boil the chocolate and milk together, and allow them to get cold. Place the yolks of eggs and sugar into a basin and whisk them for five minutes; rest the basin over a saucepan of boiling water and whisk again until the eggs begin to thicken, then whisk them over ice until they are quite cold. Add the chocolate, cream, almond rock, whites of eggs and vanilla essence. Pour the mixture into a soufflé case which has a band of paper tied around it. Freeze in a well-charged cave five to six hours. Sprinkle with chopped pistachio nut and serve.

Note.—If three-quarters of an ounce of gelatine, dissolved in half a gill of water, be added, the soufflé can be served without freezing.

Meringues aux Pistachios.

(Meringues of Pistachio.)

Quarter of a pound of pistachio kernels, peeled, dried and pounded, with two whites of eggs, and mixed with a quarter of a pound of sugar.

Whisk all over the fire until it becomes lukewarm. Take off and whisk until it is cold. Shape the meringues and bake them as usual.

Meringues au Chocolat.

(With Chocolate Cream Patisserie.)

Ingredients.

Quarter of a pound of Chocolate.

Half a pint of Cream.

Half an ounce of Gelatine.

Mix the chocolate with the sugar, and proceed as above.

Meringues aux Amandes.

(Meringues of Almonds.)

Quarter of a pound of peeled, dried, and pounded almonds, mixed with a quarter of a pound of sugar as above.

Grape Water Ice.

Ingredients.

Three-quarters of a pint of Water.

Six ounces of Sugar.

One whipped white of Egg.

Rind of one Lemon.

Juice of two Lemons.

Quarter of a pint of Muscatel Grape Purée.

Two tablespoonfuls of Elder-flower Water.

One wineglassful of Sherry.

Put the water, sugar, and lemon rind into a stewpan and boil them for ten minutes. Strain this into a basin and leave it until cold, then mix it with the purée, lemon juice, elder-flower water, and sherry; freeze, and when half frozen add the white of egg, and freeze until quite set. Mould or serve rough. Decorate with chopped pistachio nuts and wafer biscuits.

Petites Crêmes Soufflés aux Pistaches.

Ingredients.

For Decoration.

Three quarters of a gill of Sweet Jelly.

Half an ounce of finely chopped Pistachio Nuts.

For Soufflés.

One gill of Whipped Cream.

Quarter of an ounce of Gelatine (dissolved in two table-spoonfuls of water).

One and a half Whites of Eggs (stiffly whisked).

Two ounces of Pistachio Nuts, blanched, pounded, and rubbed through a wire sieve.

One teaspoonful of Brandy.

One ounce of Castor Sugar.

A few drops of Orange Flower Water.

Green Colouring.

Six small paper Soufflé cases with a collar of stiff paper pinned around each.

Mix the cream, whites of eggs, castor sugar, pistachio nuts, flavouring and colouring lightly together, add the gelatine and pour into the soufflé

cases. The mixture should come a little way up the paper collar, so that the soufflés may look as if they have “risen.” Set them away in a cool place until they have become firm. Mix the sweet jelly and chopped pistachio, and when the jelly is just going to set pour a tablespoonful on to the top of each little soufflé. Remove the paper collars before serving.

Petits Pains de Fraises.

(Little Strawberry Moulds.)

Ingredients.

One pound of Strawberries for half a pint of Purée.

One pint of Wine Jelly.

Half a glass of Maraschino.

Half an ounce of French leaf Gelatine.

Two Eggs.

One ounce of castor Sugar.

Two ounces of loaf Sugar.

Angelica.

A few Glacé Cherries.

Dissolve some of the jelly, pick about a dozen of the best strawberries. Mask some fancy dariole moulds with jelly; when partly set garnish the surface with strawberries and angelica leaves; coat the garnish with half-set jelly, and put on the ice to get firm. Beat up the eggs. Pick the remainder of the strawberries, put them in a basin, crush them with a wooden spoon, and rub

them through a fine hair sieve. Make about one gill of syrup with the loaf sugar. Put the fruit pulp, syrup, eggs and maraschino in a copper bowl, and whisk over a saucepan of boiling water. Dissolve the gelatine, previously soaked in water, and strain into the pulp, etc. Keep stirring over the hot water until the mixture binds; then take it off, and beat a little longer over some crushed ice. When sufficiently cool, fill up the moulds and leave them on the ice until quite set.

Immerse the moulds in tepid water, turn out neatly on a dish, garnish with chopped wine jelly and some glacé cherries, and serve.

Pommes Meringues à la Crème.

(Meringued Apples with Cream.)

Ingredients.

Ten small sour cooking Apples.
Ten ounces of loaf Sugar.
Half a Lemon.
Half a pint of Water.
One inch of Cinnamon.
Two Cloves.
Half a pint of Cream.
Three Whites of Eggs.
Six ounces of castor Sugar.
Ten crystallised Cherries.
Angelica.

Peel the apples thinly, core them carefully without breaking them. Put the loaf sugar, half

a pint of water, cinnamon, cloves, and lemon juice in a copper stewpan, and reduce to a syrup. Skim well, and strain into a sauté-pan. Arrange the apples neatly in the syrup, cover them with a buttered paper, and cook them in a hot oven until tender.

Lift out the apples, strain them carefully, and place them on a buttered baking-sheet. Whip the whites of eggs to a stiff froth, and mix them with the castor sugar.

Put this meringue mixture into a forcing-bag with a plain piping-tube; cover each apple completely with it, dust them with sugar, and bake them in a cool oven for fifteen minutes. The meringue crust should be quite dry and a fawn colour when taken out of the oven. Put them on the ice to cool.

Whip the cream, add a dessertspoonful of castor sugar. When the apples are cold, fill the centre of each with some of the whipped cream, dish up with little heaps of whipped cream on a cold dish. Put a crystallised cherry and two or three lozenge-shaped slices of angelica on top of each. Put the remainder of the cream in the centre of the dish, and serve.

Pouding Froid à la St.-Cloud.

(Cold St. Cloud Pudding.)

Ingredients.

Half a pint of strong Coffee.
Five Eggs.
Two ounces of castor Sugar.
Half a gill of Cream.
Sponge Cakes or Genoese Cake.
One ounce of Sweet Almonds.
Half an ounce of Butter.
Three tablespoonfuls of Apricot Marmalade.
Two tablespoonfuls of Maraschino.
Angelica and Glacé Cherries.

Blanch the almonds, peel and shred them finely, and put them on a baking-tin, and bake them to a fawn colour in a slow oven.

Butter a plain Charlotte mould, sprinkle the inside with shredded almonds, and fill up with small pieces of sponge cake or Genoese cake-crumbs.

Dissolve the sugar in the coffee, let it cool, beat the eggs and add them to the cream and the maraschino liquor; mix them thoroughly, and strain into the mould. Put the remainder of the shredded almonds on the top, cover the mould with a piece of buttered paper, and stand it in a stewpan with enough boiling water to come half up the mould. Steam it for about two hours. Let it cool, and when set turn it out on a round dish.

Warm up the marmalade with a little water

and sugar, strain it, and mask the pudding with it. Ornament the top and sides with little strips of angelica and glacé cherries cut in half. Keep it on the ice until it is required for table.

Pouding Chaud à la Chocolat.

(Hot Chocolate Pudding.)

Ingredients.

Quarter of a pound of Chocolate.

Half a pint of Milk.

Seven ounces of Breadcrumbs.

Three ounces of Butter.

Three ounces of Sugar.

Three Eggs.

Vanilla Essence.

Grate the chocolate and dissolve it in the milk. Cream the sugar and butter, and add the yolks of eggs one by one, then half the chocolate and half the breadcrumbs. Mix these and add the rest of chocolate and breadcrumbs. Whip up the whites of eggs very stiffly and shake them in also. Turn into a well-greased fancy mould and steam one hour and a half. Serve with German sauce round.

Pouding à la Louis Napoléon.

(Hot Entremet.)

Ingredients.

Six ounces of castor Sugar.
Three ounces of Flour.
Two ounces of ground Almonds.
Two ounces of fresh Butter.
Some stewed Apricots.
Peaches or other fruit.
Six whole Eggs.
Two ounces of Cornflour.
Twelve drops of Orange-flower Water.
A pinch of Salt.
Glacé Cherries and Angelica.
Meringue mixture for covering.

Separate the whites of eggs from the yolks, put the yolks into a basin with the sugar, work it for fifteen minutes with a wooden spoon, beat the whites to a stiff froth, add the ground almonds and orange-flower water to the yolks and sugar. Melt the butter, sift the flour, and mix both gradually with the cornflour, whites of eggs and the creamed yolks, etc. Fill in a well-buttered plain pudding mould, bake in a well-heated oven for about half an hour. Turn it out on a sieve and allow it to cool a little. Cut off the top, scoop out some of the soft part of the centre, and fill the opening with some well-drained stewed apricots, peaches or any other kind of soft fruit; arrange the top so as to form a dome with the fruit

(the fruit may be sprinkled over with some maraschino liquor after it is put in the centre of the cake). Have ready a meringue mixture made with three whites of eggs and two ounces of castor sugar. Spread this evenly over the top so as to cover the fruit and the sides. Put some of the mixture into a forcing-bag or paper cornet, and ornament according to taste. Garnish with some glacé cherries and angelica, put it in the oven just long enough to get hot through and to set the meringuage. This dish can be hot or cold.

Soufflée de Chocolat.

(Chocolate Soufflée.)

Ingredients.

Quarter of a pound of Chocolate.
One ounce of Butter.
Three-quarters of an ounce of Flour.
Three Yolks and four Whites of Eggs.
One gill of Milk.
One teaspoonful of Vanilla Essence.
Half an ounce of Sugar.

Grate the chocolate and mix it with the milk ; boil it till quite smooth. Melt the butter and flour and stir them till smooth ; add the chocolate and milk, mix well, boil them, and then take them off the fire. Add the yolks of eggs one by one, then the essence. Whip the whites of the eggs to a stiff froth and add them lightly. Turn this

mixture into a prepared tin, and steam three quarters of an hour to an hour. Turn it out, and pour custard sauce round. Sauce—three yolks of eggs, one gill of milk, and one dessert-spoonful of sugar.

Tartelettes à la Balmoral.

(Tartlets of Preserved Cherries.)

Ingredients.

Puff Paste for lining Tartlet Moulds.
Two Eggs.
Four ounces of Butter.
Two ounces of dried Cherries.
Four ounces of castor Sugar.
Half an ounce of Cornflour.
Two ounces of crushed Sponge Cakes.
Two ounces of Lemon Peel.

Beat the butter and sugar to a cream, add the yolks of eggs one at a time. Chop the cherries and peel very small, and add to the mixture with the powdered sponge cakes. Line the tartlet moulds with puff paste trimmings. Whisk the whites of eggs to a stiff froth and stir in carefully to the mixture; fill the lined moulds three parts full, dust them with sugar, place them on a tin, and bake them in a moderate oven.

FANCY CAKES.

Abricotine.

Genoise.

Ingredients.

Four small Eggs.
 Four ounces of Castor Sugar.
 Three ounces of Butter.
 Three ounces of Flour.
 Essence Vanilla.

Apricot Marmalade.

Two or three tablespoonfuls of Apricot Jam.
 Little Lemon Juice.
 Half a gill of water.
 One sheet of Gelatine.

For Decoration.

Some Blanched Almonds.
 One ounce of Hundreds and Thousands (sweets).

Make the genoise and bake in a medium-sized cake-tin. When cold split and spread with a layer of the apricot marmalade, fix together and brush or spread the sides with the same—roll in the sweets to form a band, arrange the almonds

in a circle in centre of cake and mask the top with apricot marmalade, just to run to edge but not over, let it set well and dish up.

Fancy Almond Cakes.

Ingredients.

Half a pound of Sweet Almonds (ground).

Half an ounce of Castor Sugar.

Two or three Whites of Eggs.

Few drops of Vanilla Essence and Orange Flower Water.

Mix the almonds and sugar together, add flavouring and enough beaten egg to form a stiffish paste. Force out on to rice-paper, decorate with pieces of cherry and angelica—bake in moderately hot oven until crisp. Cool on sieve.

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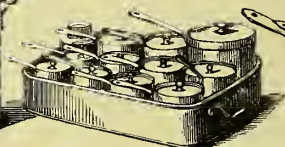
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